A stir-fry easy to make and even easier to eat

Try this recipe with rice noodles, but it's also good over rice, couscous or linguini
PAGE 26

GET PSY-CHED!

BEACH PSY OR ELEVATOR PSY? THIS YEAR, DO HALLOWEEN GANGNAM STYLE

HALLOWEEN FEATURE, PAGES 16 & 17

VANCOUVER metro®

Tuesday, October 30, 2012

News worth sharing.

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City breaks away from cycling pack

Room to bike.
Vancouver has more than 400 kilometres of bike lanes, and that number is expected to grow substantially

MATT KIELTYKA
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Vancouver is a tour de force when it comes to cycling in the region.

According to new bike use statistics released by TransLink for Bike to Work Week Monday, 12.1 of every 100 trips taken in the City of Vancouver are now on bicycle.

Behind the pace setter, Richmond leads a tightly packed peloton with a much lower rate of 3.1 trips per 100.

"The numbers seem very impressive," said Vision Vancouver Coun. Geoff Meggs. "We did what everybody said we needed to do to make it work, and that's build safe cycling infrastructure."

Vancouver has more than 400 kilometres of bike lanes, about 10 of which are separated.

That number is expected to grow substantially as the city hopes to make cycling, walking or public transit account for two thirds of all trips in the city.

Those modes accounted for 40 per cent of trips in 2008.

Transportation 2040 Plan, which outlines those goals and strategies, will be presented to city council Tuesday morning.

"We don't have a lot of land to build more roads," said Meggs. "It's important to give people transportation choices."

Meggs is an avid cyclist himself and says it's a healthy, convenient and sometimes time-saving way to get around the city.

However, he fears that the growth of cycling in the region may struggle to keep up now that TransLink has shelved plans for increased region-wide cycling infrastructure in its 2013 Base Plan in the midst of the transportation authority's funding crunch.

Overall, TransLink says the number of bike-only trips in the region have increased 26 per cent between 2008 and 2011, 106,500 trips from 84,300.

In Vancouver, the amount of trips increased 35 per cent during the same period, 55 per cent of which were to and from work.

The heaviest concentrations of bike trips are along the Broadway Corridor and in the Strathcona-Commercial Drive area.

Interestingly, men make up the vast majority of cyclists — 71 per cent.

TransLink's vision, outlined in the Regional Cycling Strategy, is a 10 per cent cycling mode share by 2040.

Its mode share is currently the highest recorded, at 1.8 per cent of all trips.

Schools wait for upgrades

B.C. schools in desperate need of seismic upgrades will have to keep waiting even after 7.7-magnitude earthquake PAGE 3

Dad tackles Bible giveaway

A Chilliwack father wants the province's help to keep classrooms secular and end a free-bible promotion at his daughter's school PAGE 4

Pranksters promote weed

An electronic sign in Surrey gets hacked and tells readers to 'smoke weed everyday'
PAGE 6

Inundated by SANDY'S WRATH

PAGES 10, 12 & 19

The Hudson River swells and rises over the banks of the Hoboken, N.J., waterfront as superstorm Sandy continues on its path on Monday night. It knocked out power to at least 5.7 million people in New York City, and officials said large sections of Manhattan had been plunged into darkness by the storm. A number of deaths were also reported in Canada and the U.S.

CHARLES SYKES/THE ASSOCIATED PRES

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Earthquake readiness.

Tsunami warning? We don't wait around for, residents say

Lisa Kendall really only needs to answer two questions before she decides whether a tsunami might be heading toward her small community on British Columbia's Haida Gwaii islands.

Has there been an earthquake? Was the ground shaking so much that it was difficult to stand? If the answer is yes to both, then it's time to get to higher ground.

That's what happened on Saturday evening as a magnitude-7.7 earthquake struck just offshore and shook Haida Gwaii and a large stretch of coastal British Columbia.

It was the only tsunami warning Kendall, the emergency co-ordinator for Skidegate, needed before she and other local emergency officials mobilized an evacuation.

"Anything that's hard to stand up in for more than a minute, you go to higher ground," she said.

"By the time we got to the firehall, 15 minutes after the earthquake, there was already steady streams of cars going up to the high ground."

The weekend earthquake has prompted scrutiny of how the provincial government handled the quake, with emergency co-ordinators in some municipalities complaining that it took as long as an hour before they heard anything official.

Another earthquake also rattled the area Monday night, striking at 7:49 p.m. with a magnitude-6.2 and at a depth of nine kilometres, according to the U.S. Geological Survey.

THE CANADIAN PRESS

Patti Bacchus, chair of the Vancouver Board of Education, says the "high-risk" Queen Mary Elementary School in Vancouver, pictured, was supposed to get seismic upgrades in 2008 but they're still in the planning phase. EMILY JACKSON/METRO

Schools still waiting for seismic upgrade

Haida Gwaii quake.

Province to maintain 15-year timeline for upgrades

EMILY JACKSON
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Schools in desperate need of seismic upgrades will have to keep waiting despite the 7.7-magnitude earthquake that shook Haida Gwaii on the weekend.

The province has no plans to speed its timeline to upgrade schools at high risk of damage from a quake by 2020, a ministry of education spokesperson said Monday.

While the government's "top priority is the life and safety of students and school staff in the event of a major earthquake," it plans to stay the course with its 15-year upgrade program that commenced in 2005.

"It's a huge job and no one would expect it to be done instantly," Minister of Education Don McRae said in a statement.

Patti Bacchus, the Vancouver Board of Education chair, said the weekend quake was an alarm bell.

"What we heard from Mother Nature on Saturday night was a big wake-up call," Bacchus told reporters on Monday outside Queen Mary Elementary School. "We got off fairly easy with what happened on the weekend being in a fairly low population zone."

Even if there is funding in place, it takes too long to get project approval and shovels in the ground, Bacchus said. Queen Mary was supposed to have been done in 2008, she said, but construction has yet to start.

Forty-two schools in Vancouver have no funding in place, she said. The government has been supportive, but Bacchus wants the red tape removed so money can be released faster.

And with 38 schools in the highest-risk category, it's a challenge to decide who gets upgrades first. Criteria include how many children are enrolled in a school and how bad the damage could be in a quake.

In the interim, schools are equipped with earthquake kits and children are trained to drop, cover and hold on in case of emergency.

By the numbers

- The government has spent $840 million on seismic upgrades to schools since 2001, and it needs at least $1.3 billion more to boost safety at the 152 schools across the province still labelled "high risk."
- But Vancouver alone needs $850 million to upgrade more than 50 schools that remain high risk, Board of Education chair Patti Bacchus says.

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Chilliwack. Dad wants province to nix Gideon bible promotion in schools

A Chilliwack father wants the province's help to put the kibosh on the distribution of religious pamphlets in his daughter's school, a practice he says breaks B.C. regulations that schools be strictly secular.

The glossy, full-colour Gideons International consent form sent home with Grade 5 students — their parents must sign it for them to get a free bible — is "promotional advertising" and should not be distributed in public school, Richard Ajabu wrote in a letter to Education Minister Don McRae Monday.

Ajabu was alarmed when he received the consent form, which presents a photo of a book with smiling faces and the text: "It is often in grade five that a child begins asking the big questions of life: what is right and wrong, what is the purpose of life, and what happens when we die."

But his attempt to raise the issue with school district superintendant Evelyn Novak was unsuccessful, and the board decided to proceed as usual at a meeting last week.

Ajabu is concerned that his complaints were addressed behind closed doors. The province should "investigate and intervene" to ensure no policy has been broken, he said.

The minister of education had yet to look into the issue Monday afternoon, a spokesperson said.

Superintendant Novak did not respond to multiple requests for comment.

The Chilliwack school district is one of few in B.C. that still distribute Gideon material.

EMILY JACKSON/FOR METRO

Quoted

"It suggests that the only view welcome in Chilliwack public schools is Protestant Christianity."

Ian Bushfield of the British Columbia Humanist Association, in a press release. He called the decision to continue distribution of Gideon material "discriminatory."

Nanaimo. Police launch investigation after minor hockey player injured

RCMP are investigating an incident at a minor hockey game in Nanaimo, B.C., where a young player apparently suffered a ruptured spleen.

Const. Gary O'Brien said police launched the investigation after the player's father complained his son was seriously injured during a Sept. 23 game between the Nanaimo Bantam A boys team and a visiting team from Saanich at the Frank Crane Arena.

O'Brien said Monday police are trying to determine how the boy was injured.

"There was a body check thrown and there's also an allegation that the stick was used in a spearing manner," he said Monday. "We don't know what caused the injury — whether it's the stick or the check."

THE CANADIAN PRESS

Sean Kirkham, executive director of the Canadian Foundation for Creative Development and Innovation, left, and Lori-Ann Ellis kneel behind Robert Pickton victim Cara Louise Ellis's memorial plaque in front of The Bay on West Georgia Street Monday. PHYLICIA TORREVILLAS/METRO

Memories set in Stones

62 in all. Living Stones plaques mark women who were murdered, went missing, or were victims of Robert Pickton

Lori-Ann Ellis is comforted to know that the spot for her sister-in-law Cara's memorial plaque was the "last place she was truly happy."

Cara Louise Ellis is the first of 62 women to be immortalized through the Living Stones memorial project. Her bronze plaque was unveiled Monday in front of The Bay on West Georgia Street.

The rest of the plaques, representing each of the women who were murdered, went missing, or were victims of serial killer Robert Pickton, will be installed at locations where each woman disappeared.

"I got a copy of the police report when I attended the missing women inquiry and this was the last known place we knew for sure she was happy," Lori-Ann Ellis told Metro Monday. "She'd been shopping at The Bay and had bumped into a friend and they went out for lunch after."

Working with the City of Vancouver, Sean Kirkham, executive director of not-for-profit society Canadian Foundation for Creative Development and Innovation (CFCDI), said that for many of the victims, the living stones will be the only gravestone they'll have.

The plaques are also a great way to keep the memory of the women alive, said Lorelei Williams, the cousin of victim Tanya Holyk.

"Everybody knows who Pickton is but nobody really knows the names of all the women and I think that's very important for people to remember and honour these women," Williams said.

Ellis, who lives in Calgary, was thankful for the other victims' family members who came out to support her.

"No one can understand the road that we've walked through other than them," she said. "Now, it's almost like we have the same blood running through our veins. We will be family forever."

PHYLICIA TORREVILLAS/METRO

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Health minister. Obesity statistics are 'alarming'

Childhood obesity rates remain at epidemic levels, according to B.C.'s health minister.

"Alarming" is how Margaret MacDiarmid described the latest figures from Statistics Canada showing that 31.5 per cent of Canadian children between the ages 5 and 17 are classified as overweight or obese.

Childhood obesity rates have tripled in the last 25 years, according to the Ministry of Health.

"The levels have been flattening out but we need to see the trend reversed," said MacDiarmid. "We still have a long way to go. The statistics are alarming."

She said the province is doing its part with its Healthy Schools B.C. and Healthy Families B.C. initiatives, along with partnerships with Participaction.

Life expectancy in British Columbia is one of the highest in the world, but MacDiarmid warned the province could see that slip unless something is done.

"For the first time, people may not live as long as their parents," she said.

But the government isn't thinking about legislation to force people to change their habits, a step some other jurisdictions around the world have taken.

"I'm interested in looking for the most effective initiatives that are actually going to make a difference," she said. "I can't go into a restaurant and tell the kids what to eat, I don't think that would go over too well."

She also emphasized that obesity and its associated health problems shouldn't be stigmatized and that people shouldn't feel like outcasts due to bullying or intolerance.

MATT KIELTYKA/METRO

Agassiz. Serial killer who strangled cell mate blames authorities

A convicted serial killer who methodically strangled a fellow inmate to death in their shared cell has placed blame on the federal corrections system for transferring him out of a higher-security prison.

During a police interview played at a coroner's inquest Monday, Michael McGray, 45, described in vivid detail how he planned and then killed 33-year-old Jeremy Phillips in an Agassiz prison in November 2010 as part of a fake hostage-taking scenario.

"I don't know why they made the mistake of putting me here. I'm not a 'medium' inmate," McGray told a pair of homicide investigators the day after the crime.

"We didn't have a beef.... This was all about me, it wasn't about him."

McGray was a six-time convicted serial killer from Eastern Canada who initially was held in a super-maximum security prison in Quebec. He was later transferred to the Kent high-security prison in B.C., and then just before the murder, was moved to Mountain Institution, which is medium-security.

The inquest was called because B.C.'s chief coroner wanted the "issues raised surrounding the safety of inmates in the prison system" to be explored.

McGray pleaded guilty to first-degree murder a year after he killed Phillips. He expressed resignation. "It's a mental-health issue," he said. "I had a hiatus for 15 years and I just couldn't hold back any more."

"I'm a sociopath, I'm a serial killer," said the muscular man, repeatedly telling the officers it's only a matter of time until he kills again. THE CANADIAN PRESS

Tories' reaction

No promises on salmon report

The federal government says it will study a report into the collapse of the Fraser River sockeye salmon run in 2009, but it's not promising to implement all the recommendations. The report was presented in Ottawa Monday, NDP fisheries critic Fin Donnelly to ask if the Conservatives will commit to implementing the recommendations. The parliamentary secretary to the fisheries minister dodged the question.

THE CANADIAN PRESS

Vancouver Island

Shooting victim recovering

A 20-year-old man is recovering in hospital after a shooting in Courtenay on Vancouver Island Friday, and police are hunting for his attacker. The RCMP say the victim was wounded in the stomach and needed surgery in hospital, where he remains in care. Police are searching for a suspect described as a man in his 20s with an average build. He says the shooting was not a random attack.

THE CANADIAN PRESS

Pranksters hacked a City of Surrey waste-collection sign Oct 15. EILEEN JARRETT/PEACE ARCH NEWS

Pranking weed lover hacks sign

Surrey. It is the second sign in months to be hacked into in the city, this time advising drivers to 'smoke weed everyday'

KATE WEBB
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An electronic sign in Surrey designed to help people figure out what kind of waste to put out recently got hijacked with a message telling them instead what kind of waste to take in.

Someone broke into the message panel — which was originally programmed to say "Monday is organics," to remind residents about the city's alternating garbage-and-recycling pickup schedule — and changed it to say "smoke weed everyday."

The engineering department's deputy operations manager, Rob Costanzo, said he got the call around 8:45 a.m. Oct. 15 and immediately contacted the contractor that operates the sign to have the questionable advice removed.

"There is some method of overwriting it apparently, but I don't know the details," he said, noting the sign has not been used since.

"This certainly wasn't anticipated, so if we decide that we need to do this again we may look at asking the contractor for certain provisions with respect to accessibility to the panels."

A few months earlier another sign in Surrey on a construction site was also hacked and reprogrammed, this one with a lewd message not fit for print, raising the possibility of a serial hacker.

Raincity Housing enters third decade

Raincity Housing acting executive director Leslie Remund CONTRIBUTED

Monday was a chance for Raincity Housing (formerly called Triage) to take a breath and reflect as the organization celebrated its 30th anniversary.

The housing and outreach provider has thrived because of its ability to relate to clients — often homeless, addicted to drugs, and dealing with mental illness — and tailor programs to put a roof over their heads.

Acting executive director Leslie Remund would know.

She was one of the people her organization helped before she got her life back on track and eventually joined Raincity in 1996.

"I discovered I had a set of skills," she said. "I could use my past to help other people and understand what they're going through. That's why Raincity appealed to me — they play on people's strengths, supported harm reduction and were on the cusp of change."

In addition to housing, Raincity has 300 outreach clients and three meal programs.

It hopes to open three more buildings over the next two and a half years.

MATT KIELTYKA/METRO

Growth

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Transit. Public consultations begin on future of BC Ferries

With ferry traffic falling, fares rising and some services already cut, the provincial government has launched public consultations on the future of the B.C. ferry system.

Transportation Minister Mary Polak says B.C. has a world-class ferry system, but the government's subsidy to the company is at an all-time high of $180 million, and public ideas are needed to help make the changes necessary to keep the service sustainable and affordable.

The consultations, which will run until Dec. 21, will include public meetings, open houses and online input, and people can find out how to participate by checking the government website coastalferriesengagement.ca .

The consultations follow the release of a report in January by BC Ferries commissioner Gord MacAtee, who called for changes to ferry operations, including reduced services and holding future fare increases to the rate of inflation.

The cuts began Oct. 13 when BC Ferries eliminated some sailings on the major routes from the mainland to Vancouver Island.

At the same time, ferry users are bracing for fare hikes of 12 per cent over the next three years, with the first increase set for April 1, 2013, when fares will rise 4.1 per cent.

THE CANADIAN PRESS

The Coastal Renaissance passes under the Lions Gate Bridge. JEFF HODSON/METRO FILE

Passionate about water

Environmentalist David Suzuki holds up a glass of water as he speaks at the Clean Energy B.C. annual conference in Vancouver on Monday. The four-day conference is attended by British Columbia's independent power producers and includes speakers, discussion panels and a trade show. Members of the association provide clean energy from run-of-river hydro, wind, biomass and new emerging fuels.

DARRYL DYCK/THE CANADIAN PRESS

Salmon

No knowledge of ocean fertilization scheme: Feds

The federal government says it didn't know anything about an ocean-fertilization experiment conducted by a First Nation off Haida Gwaii on the north B.C. coast.

The Haida Salmon Restoration Corp. dumped more than 100 metric tonnes of iron into the ocean in July to try to spark a phytoplankton bloom that could boost salmon returns.

THE CANADIAN PRESS

Seizure

Tobacco seized at Mountain Institution

A half-kilogram package of tobacco has been seized at the medium security Mountain Institution in Agassiz.

The package may not have a significant value on the street, but officials estimate it's worth about five-thousand dollars behind bars. THE CANADIAN PRESS

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FEATURES St Maarten, St Kitts, St Vincent, Barbados, Martinique, St Croix (U.S. Virgin Islands), Half Moon Cay (Bahamas), San Juan (Puerto Rico), St Thomas (U.S. Virgin Islands), Dominica, Antigua and Tortola (British Virgin Islands).
Inside from **$2043**

Suez Canal 22 nights
Rotterdam, sails from Rotterdam (Netherlands).
FEATURES Southampton, Lisbon, Malaga (Spain), La Goulette (Tunisia), Valletta (Malta), Navplion, Athens (Greece), Safaga (Egypt) and Dubai.
Inside from **$2201**

Europe

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Gangnam Style gets the Peter Chao touch

Viral. Vancouver comedian's YouTube video gets nearly 900,000 hits in 3 days

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Vancouver's YouTube sensation Peter Chao has caved to the Gangnam craze — his take on Korean rapper Psy's viral hit has earned almost 900,000 hits in just the last three days.

The controversial comedian, who has become an Internet phenomenon with his "Chinese Guy" videos and uncensored riffs on racial stereotypes and pop culture, released a parody music video of Gangnam Style Friday.

Chao, whose YouTube channel has more than 735,000 subscribers and more than 167 million views, said that Canton Style is his best music-video parody to date. "Canton style is a way of life," said Chao, 25. "Especially in Vancouver, where Chinese people are taking over and claiming their dominance."

Quoted

"I always speak my mind and I think that trait separates me from the rest of the YouTube community."
Vancouver comedian Peter Chao

In the video, Chao can be seen doing the popular horse-riding dance inside an Aquabus and along different locations in Chinatown.

"I wasn't even going to do a Gangnam Style parody but I was watching all these parodies and just shaking my head," he said, adding he tried to fit every Chinese stereotype he found funny into it. "So it was time to acknowledge the high volume of demands for Peter Chao to show them how it's done."

Vancouver-based comedian and YouTube star Peter Chao dances the wacky horse-riding move inside an Aquabus in his own parody of Korean rapper Psy's viral video Gangnam Style. SCREENGRAB/YOUTUBE.COM

CUPE. Tutors, support staff at B.C. post-secondary institutions take job action

Teaching assistants at the University of B.C. and support staff at other post-secondary schools around the province are stepping up job action while employees at some institutions have yet to ratify agreements.

Negotiations involve about 15,000 members of the Canadian Union of Public Employees at various colleges and universities.

About 2,300 UBC teaching assistants, tutors, markers and English language instructors of CUPE Local 2278 planned to picket a building at the Vancouver campus at 3 p.m. on Monday, when their strike notice was to take effect.

They're pushing for demands in a new contract to replace a deal that expired in 2010. Two other CUPE locals at UBC have reached tentative agreements involving labourers, trades, clerical and administrative workers, said Tracey Mathieson, CUPE BC universities sector co-ordinator.

She said about 12,000 support staff are involved in negotiations at six universities, including the University of B.C., Simon Fraser University and the University of Victoria.

Settlement proposals have been made to employers at College of the Rockies, which has six campuses, Vancouver Community College, which has two campuses, and the three-campus Vancouver Island University. THE CANADIAN PRESS

Tentative agreements

Along with the two UBC locals, tentative agreements have been reached at Thompson Rivers University in Kamloops and the University of Northern in Prince George, but the new deals have not yet been ratified.

- Ian McLean, co-ordinator of the colleges sector for CUPE's B.C. chapter, said support staff from eight colleges are also currently negotiating agreements with the Post Secondary Employers Association.

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People walk down a flooded street as superstorm Sandy moves up the coast on Monday in Atlantic City, N.J. Gov. Chris Christie's emergency declaration shut down the city's casinos, and 30,000 residents were ordered to evacuate. MARIO TAMA/GETTY IMAGES

Welcome to Sandy land

Faster, stronger than expected. A Toronto woman is killed by flying debris as high winds whip the city

Superstorm Sandy slammed into the New Jersey coastline and hurled a record-breaking four-metre surge of seawater at New York City on Monday, roaring ashore after washing away part of the Atlantic City boardwalk and putting the presidential campaign on hold.

At least 10 deaths were blamed on the storm — they were in New Jersey, New York, Maryland, Pennsylvania and Connecticut. Police in Toronto said a woman was killed by a falling sign as high winds closed in on the city.

Just before its centre reached land, the storm was stripped of hurricane status, but the distinction was purely technical, based on its shape and internal temperature. It still packed hurricane-force wind, and forecasters were careful to say it remained every bit as dangerous to the 50 million people in its path.

The National Hurricane Center announced at 8 p.m. that Sandy had come ashore near Atlantic City. The sea surged a record of nearly four metres at the foot of Manhattan.

Later Monday night, New York City Mayor Michael Bloomberg said backup power was lost at New York University hospital and the city was working to move people out. Few parts of lower Manhattan still had power, he added. There were also a large number of fires reported from downed power lines.

As it closed in, Sandy knocked out electricity to more than 1.5 million people and figured to upend life for tens of millions more. It smacked the boarded-up big cities of the northeast corridor, from Washington and Baltimore to Philadelphia, New York and Boston, with stinging rain and gusts of more than 135 km/h.

As it made its way toward land, it converged with a cold-weather system that turned into a fearsome superstorm, a monstrous hybrid consisting not only of rain and high wind but of snow. Forecasters warned of six-metre waves bashing into the Chicago lakefront and up to 90 centimetres of snow in West Virginia.

Hundreds of thousands of people were under orders to move to higher ground. The storm knocked out electricity to more than a million people, and storm damage was projected at $10 billion to $20 billion, meaning it could prove to be one of the costliest natural disasters in U.S. history. THE ASSOCIATED PRESS

Labelling

"Nature doesn't really give a darn what we call it."

Chris Landsea, of the National Hurricane Center, on Sandy being a difficult storm to label because it began to lose its tropical characteristics as it hit shore.

FOR PHOTO GALLERIES AND THE LATEST STORM UPDATES, VISIT METRONEWS.CA

What should be added to Buzzfeed's Absolute Worst Things In The World list? A mangled umbrella. A pedestrian struggles with his in Baltimore on Monday. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Survival kits — do you have one?

The Canadian Red Cross says Sandy has potential to be the most widespread weather emergency since the ice storm of 1998.

- But the organization polled 1,000 Canadians and found 38 per cent of us do not have an emergency kit that could see us through 72 hours.

Vessel made in Canada

Captain still missing after crew abandons ship near N.C.

A Canadian-built replica 18th-century sailing vessel got caught in Sandy's wrath and began taking on water Monday, forcing the crew into lifeboats in rough seas near North Carolina.

The U.S. Coast Guard rescued 14 people by helicopter and spent much of the day searching for two missing crew members.

One of them, 42-year-old Claudene Christian, was taken to hospital where she was pronounced dead, according to reports. Rescuers continued to search for the missing captain of the HMS Bounty, 63-year-old Robin Walbridge. Both Christian and Walbridge were wearing survival suits designed to help keep them afloat and protected from cold waters for up to 15 hours.

Earlier in the day, Coast Guard rescue swimmer Randy Haba helped pluck several crew members off a 7.6-metre life raft.

"It's one of the biggest seas I've ever been in. It was huge out there," Haba said. THE ASSOCIATED PRESS

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Some shows go on.
Late-night hosts perform without audiences

David Letterman didn't get many laughs for his monologue Monday: The Late Show host told his jokes to a mostly empty Ed Sullivan Theater.

Jimmy Fallon taped Late Night without an audience, too, as Hurricane Sandy disrupted a wide swath of the New York area's bustling entertainment industry.

The Daily Show and The Colbert Report took Monday night off, and each of Broadway's 40 theatres will be dark through Tuesday all due to the impact of Hurricane Sandy.

THE ASSOCIATED PRESS

Jimmy Fallon GETTY IMAGES FILE

Deadly storm

Death toll continues to rise in Caribbean

Residents of Cuba's second-largest city, Santiago, remained without power or running water Monday, four days after Hurricane Sandy made landfall as the island's deadliest storm in seven years, ripping rooftops from homes and toppling power lines.

Across the Caribbean, the storm's death toll rose to 69, including 52 people in Haiti, 11 in Cuba, two in the Bahamas, two in the Dominican Republic, one in Jamaica and one in Puerto Rico.

THE ASSOCIATED PRESS

Sandy grounds flights at each end of the globe

Stranded passengers.
Nearly 10,000 flights cancelled as major travel hubs worldwide feel the effects of the superstorm

Reagan National Airport in Arlington, Va., was nearly deserted as the leading edge of Hurricane Sandy moved across the nation's capital on Monday. WIN MCNAMEE/GETTY IMAGES

Hurricane Sandy grounded thousands of flights in the U.S. northeast Monday and upended travel plans across the globe, stranding passengers from Hong Kong to Europe. The massive storm threatens to bring a near halt to air travel for at least two days in a key region for both domestic and international flights.

Major carriers such as American Airlines, United and Delta cancelled all flights into and out of three area airports in New York, the nation's busiest airspace. According to the flight-tracking service FlightAware, nearly 10,000 flights had been cancelled for Monday and Tuesday, almost all related to the storm.

The cancellations have already surpassed those from last year's damaging Hurricane Irene. They're now on par with a major winter storm in early 2011, when 14,000 flights were scrapped over four days.

Delays rippled across the U.S., affecting travellers in cities such as San Francisco to Chicago. Disruptions spread to Europe and Asia, where airlines cancelled or delayed flights to New York and Washington from major travel hubs like London, Paris, Tokyo and Hong Kong.

Sandy knocked out power to at least 3.1 million people, and New York's main utility said large sections of Manhattan had been plunged into darkness by the storm, with 250,000 customers without power as water pressed into the island from three sides, flooding rail yards, subway tracks, tunnels and roads.

There were 10 deaths reported in the U.S. Police in Toronto said a woman was killed by a falling sign as high winds closed in. THE ASSOCIATED PRESS

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Social media used as means for child trafficking

Real dangers. Seemingly innocent flirtation leads to horror as predators find new tools to entrap girls

When a 14-year-old girl received a Facebook friend request from an older man she didn't know, she accepted it out of curiosity. It's a click she will forever regret, leading to a brutal story that has repeated itself as sexual predators find new ways to exploit Indonesia's growing obsession with social media.

The junior-high student was quickly smitten by the man's smooth online flattery. They exchanged phone numbers, and his attention increased with rapid-fire texts. He convinced her to meet in a mall, and she found him just as charming in person.

Predators on Facebook

"So far this year, 27 of the 129 children reported missing (in) Indonesia ... (were) abducted after meeting their captors on Facebook."

Merdeka Sirait, chairman of the National Commission for Child Protection.
One of the 27 has been found dead.

They agreed to meet again. After telling her mom she was going to visit a sick girlfriend on her way to church choir practice, she climbed into the man's minivan near her home in Depok, on the outskirts of Jakarta.

The 24-year-old man, who called himself Yogi, drove for an hour to the town of Bogor. He locked her in a small room inside a house with five others.

THE ASSOCIATED PRESS

In this Oct. 19 photo, Indonesian youths browse at a cafe. There are eight cases this month of girls being abducted. TATAN SYUFLANA/THE ASSOCIATED PRESS

Myanmar. Violence between Muslims and Buddhists raises concern

Survivors of ethnic clashes in western Myanmar lashed out at the government Monday for failing to prevent violence between Muslims and Buddhists that has displaced more than 28,000 people over the last week.

The crisis, which first began in June, has raised international concern and posed one of the biggest challenges yet to Myanmar's reformist President Thein Sein, who inherited power from a xenophobic military junta last year.

The latest violence between ethnic Rakhine Buddhists and Rohingya Muslims began Oct. 21 and has left at least 84 people dead and 129 injured, according to the government. Human-rights groups believe the true toll could be far higher.

"The authorities are not solving the problem and soldiers are not defending us," said Kyaw Myint, a Muslim man who took refuge at Thechaung camp, outside Sittwe. He fled his home in nearby Pauktaw when it was torched Wednesday.

"I feel as though I am in hell," he said. "We have no one to take care of us, no place to go, and now no job to earn a living."

Root cause

"We are helpless because the government is not dealing with the root of the problem."

Rakhine trader Maung Than Naing, 37

A 37-year-old Rakhine trader named Maung Than Naing, reached by phone in the village of Kyauktaw, also expressed anger over the government's handling of the violence.

"We are helpless because the government is not dealing with the root of the problem," he said. "We no longer want to live with the Muslims."

Maung Than Naing, who also lost his home in an arson attack, blamed the Rohingya for breaking the calm.

"These poor Muslim people who live hand to mouth burned their own homes so that they enjoy the UN aid where they are given shelter and free food," he said. Although many Rohingya have lived in Myanmar for generations, they are widely denigrated as intruders.

THE ASSOCIATED PRESS

Mauritius

Hundreds of monkeys bred for labs, killed

An animal-rights group has published pictures and video of hundreds of monkeys the group says were killed by a primate breeding farm on the island nation of Mauritius.

The animal rights group BUAV said the monkeys are being bred for sale to labs in the U.S. and Europe.

The group says the monkeys were killed because they had grown too big to sell. BUAV says the killings took place at a lab called Noveprim.

THE ASSOCIATED PRESS

Egypt

Coptic Christians to select a new pope

A council of Egypt's Coptic Christians voted on Monday in a process that will lead to the selection of a new pope for the ancient church, as the community struggles to assert its identity and rights amid a rising tide of Islamism that has left many Copts fearful for their future. The succession follows the March death of Pope Shenouda III at the age of 88, after 40 years as the leader of the Coptic Orthodox Church.

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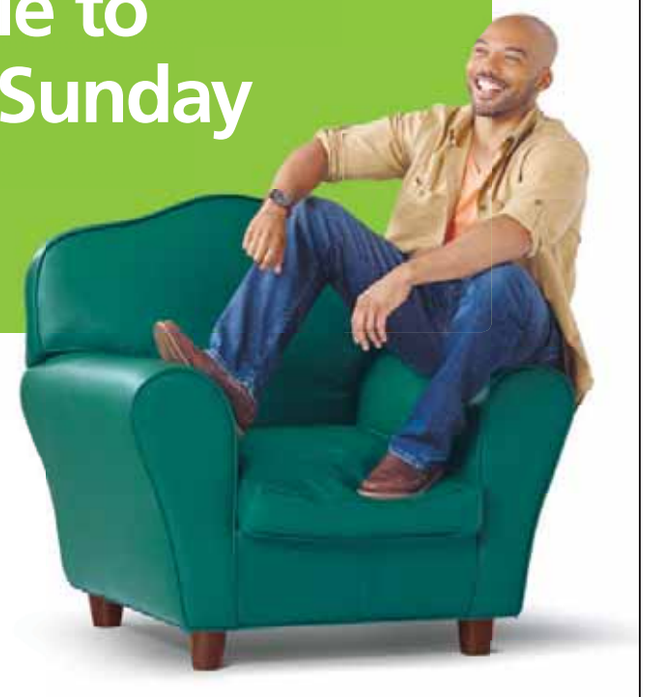

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Tweets over sheets. Social media more irresistible than sex, study shows

Not tonight, dear ... I'm on Facebook.

Well, it may not have come to that (as of yet), but a new study suggests social-media activity, such as checking tweets and email, trumps sex, as well as smoking and alcohol, in terms of sheer irresistibility.

The University of Chicago Booth School of Business, operating in Germany, used smartphone-based surveys to check the desires of 205 men and women, most of whom were college-aged, ABC News reported.

For one week, the phones buzzed seven times daily alerting the students to take a survey on the type, strength and timing of their desires (for sex and/or using social media) and their ability to resist them.

This meant they had to identify what the desire was and how strong it was. They also had to note if it conflicted with other desires and whether they decided to accept or resist the temptation.

While the desire for sex was stronger, the study subjects were more likely to cave in to the desire to use media, including email and social networking platforms like Facebook and Twitter, according to the study.

A study has found that the desire to use social media trumps sexual desire. DAN KITWOOD/GETTY IMAGES

Wilhelm Hofmann, an assistant professor and lead author of the study, says because social media is readily accessible (unlike sex, for many), it's harder to turn down.

He added that it likely won over tobacco and alcohol, also on the list of desires, simply because social media is perceived as being cheaper.

TORSTAR NEWS SERVICE

Sensenberger has sights set on different spotlight

Unruly passenger.

Aspiring actress and wife of senator doesn't want to be known as 'the crazy Air Canada lady'

As her face flashed across television screens throughout the Saskatoon airport's boarding area, Maygan Sensenberger slunk a little lower into her seat. An aspiring actress and model, she'd always dreamed of being famous. Just not like this.

All Sensenberger, 23, wanted to do was get home to Ottawa after pleading guilty to causing a disturbance on an Air Canada flight she took in August along with her 69-year-old husband, Liberal Sen. Rod Zimmer.

But her sensational case — she was accused at one point of threatening to kill her husband — had attracted intense media scrutiny and public interest.

The couple had been on the way to Saskatoon for Zimmer's mother's interment the night of the fateful flight. Neither will discuss the details of precisely what happened.

Witnesses reported Zimmer was in medical distress and Sensenberger was equally distressed when she felt no one was giving him enough help.

Zimmer suggested the whole thing was his fault after he tried to convince her his health was fine.

So here she was now, sitting in the departure lounge, her face splashed on television. Total strangers were snapping cellphone photos.

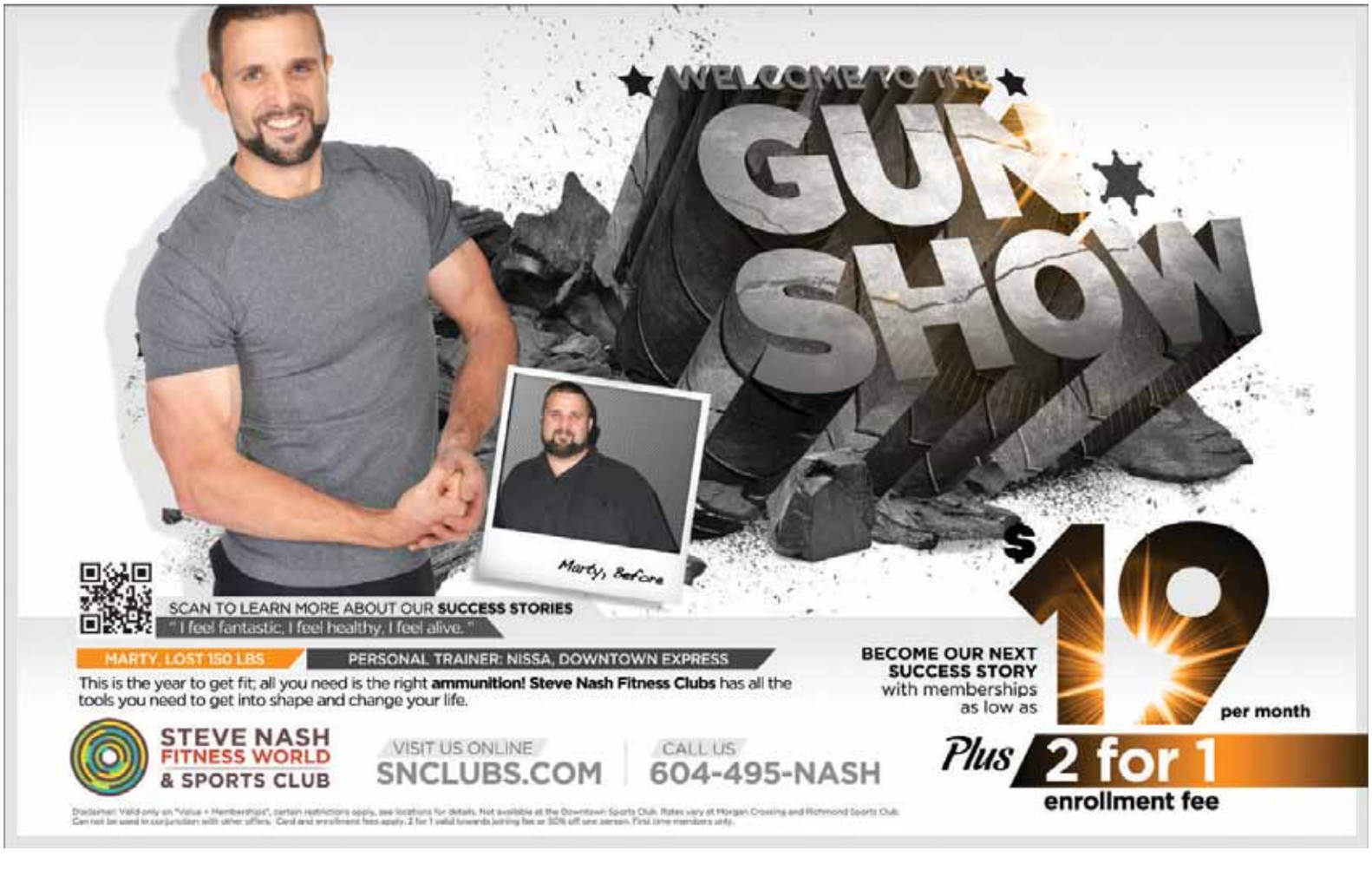
"It gave me a taste of what travelling is going to be like," Sensenberger said during a recent interview in her husband's Senate office.

At first, Sensenberger planned to lie low for a while. But she quickly got bored.

She started sending out headshots, and soon landed roles in two consecutive independent films. She intends to keep at it, while learning to navigate Ottawa's political waters.

"I plan to be big," Sensenberger predicts. "It might take me 40 years, but I'm never going to stop." THE CANADIAN PRESS

Maygan Sensenberger during an interview on Parliament Hill, Thursday. The 23-year-old met 69-year-old Sen. Rod Zimmer in Toronto four years ago. Their age difference drew stares immediately. SEAN KILPATRICK/THE CANADIAN PRESS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CMA Journal calls for mandatory flu shots for health workers

Canadian Medical Association. Editorial says health-care workers should be mandated to have a flu shot to protect the frail

A Mississippi health employee is given a flu vaccine in October.
ROGELIO V. SOLIS/THE ASSOCIATED PRESS

The Canadian Medical Association Journal has added its voice to calls for mandatory flu shots for health-care workers.

In an editorial published in this week's issue, the journal said hospital workers ought to be vaccinated to safeguard frail, elderly patients whose immune systems are so weakened they don't get much protection from a flu shot themselves.

"We would like individual hospitals to think about taking the initiative,'' said Dr. Ken Flegel, senior associate editor and a general internal medicine specialist at Montreal's McGill University Health Centre.

Flegel acknowledged there will likely be push back from health-care workers, the majority of whom do not get a flu shot.

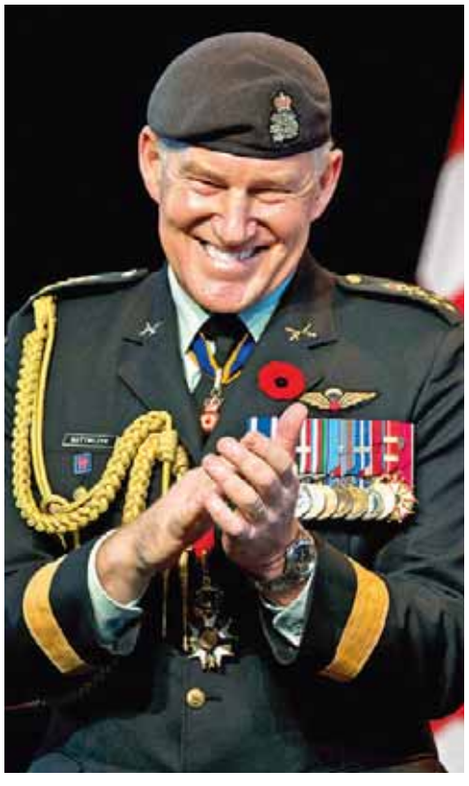
"I don't want anyone to make me do something I don't believe in or I don't agree to do to my body," he said. "I think that's a sort of fundamental right. On the other hand, I think the hospital has to say, 'That's fine by us but don't come near our patients because you're a hazard to our patients.'"

In recent years there has been a growing movement towards requiring health-care workers to take a flu shot.

Earlier this year British Columbia became the first Canadian jurisdiction to require health-care workers to be vaccinated against the flu. The B.C. policy applies to hospital workers, staff of long-term care homes and community-based health-care workers. It does not cover doctors in private practice.

Health workers who forgo an influenza shot will have to wear a mask from December 1 to March 31.

THE CANADIAN PRESS



Gen. Walt Natynczyk retires

Outgoing Chief of Defence Staff Gen. Walter Natynczyk applauds the audience during his speech at the Change of Command ceremony in Ottawa, Monday. General Tom Lawson will take over command.

ADRIAN WYLD/THE CANADIAN PRESS

Sexual assault. Delay raises questions about trial

A further delay in the sexual assault trial of a former Calgary psychiatrist is raising questions about whether the proceedings will be able to continue.

A week ago, Court of Queen's Bench Justice Donna Shelley told a jury of seven men and five women that Dr. Aubrey Levin would be representing himself after he had "terminated" his legal team's services.

That changed Monday when Levin retained Calgary lawyer Chris Archer to represent him for the rest of the trial.

Levin, 73, is accused of sexually assaulting 10 former patients that were ordered to see him by the courts.

Shelley said Archer will require a couple of weeks to get up to speed on the case and the original end date for the trial is being moved from Nov. 16 to as late as Dec. 10.

He sent the jurors home to consider if they can remain at the trial weeks past the original scheduled end date.

THE CANADIAN PRESS

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Halloween lights up retailers' eyes, too

Sweet deal. Trick-or-treat spending expected to top out at $1.5 billion this year

JESSICA SMITH
Metro in Toronto

Roughly $16.7 million worth of pumpkins were produced in Canada last year, according to Statistics Canada.
TORSTAR NEWS SERVICE FILE

There are almost 3.8 million kids of prime trick-or-treating age in Canada this year and families are spending enough on candy to give them all a killer sugar high, according to Statistics Canada.

Canadians are expected to spend $1.5 billion on Halloween-related purchases again this year, as they did in 2011, according to Consolidated Credit Counseling Services of Canada.

Candy, confectionery and snack food sales skyrocket every October, according to Statistics Canada, which publishes a list of Halloween statistics every year. Sales totaled $355.9 million in October 2011, almost $80 million higher than the average month of sales that year.

Even pumpkins play a significant role in the Canadian economy in the fall, with $16.7 million worth produced in Canada last year, according to Statistics Canada.

According to the Bank of Montreal, Halloween is helping Canadians boost retail spending higher this year than last.

"Retailers have enjoyed some growth despite a challenging economy and mixed signals from consumers throughout this year. We expect retail sales for the month of October to be up slightly more than 2 per cent from a year ago for a total of $39.5 billion," said Doug Porter, Deputy Chief Economist, BMO Capital Markets.

By the numbers

$75

In a poll conducted in September, the Retail Council of Canada found Canadian households with children plan to spend an average of $75 on Halloween purchases this year.

$24

The study found people who live alone intend to spend an average of $24.

75-100%

Half of the people polled said they plan to spend 75 to 100 per cent of their budget on candy.

DON'T

Absolutely don't try any of these when it comes to your Halloween costume:

1. **Be a racist.** At the Campbellford Royal Canadian Legion hall in 2010, one man went as a Ku Klux Klan member and another went in blackface, wearing a noose. They won "best costume." The president of the legion, who was not at the event, later issued an apology.
2. **Be a Nazi.** In 2005, Prince Harry dressed up as a Nazi at a costume party. It's not any more appropriate at Halloween.

GETTY IMAGES FILE

3. **Go naked.** It's probably also a bad idea to "dress up" as Prince Harry in Vegas — at least if you plan on going out in public.
4. **Be a perv.** Some pre-made Halloween costumes are truly atrocious. "Dr. Howie Feltersnatch, gynecologist" may give you a giggle when you read his name tag — but not everyone's going to laugh.
5. **Go in blackface.** At a homecoming pep rally in Waverly, N.Y., this fall, three white students put on blackface and re-enacted Chris Brown beating Rihanna. Neither blackface nor domestic abuse make for great Halloween costumes.
6. **Be a "Happy priest" or "Sexy nun."** Package costumes for women that take religious figures and cultural stereotypes and make them "sexy" for women and add a fake erection for men are bound to offend.

Not everyone will find a sexy nun costume funny. ISTOCK

Popping on costumes of pop culture icons most popular way to celebrate

Masks of American presidents flew off the shelves of a popular Toronto costume shop this year — but prime minister masks are harder to find.

Malabar, a theatrical costume and dance shop, was so packed with costume hunters on the weekend before Halloween they hired security, which controlled a lineup that went out to the street.

Alana Sambey, a dancewear expert who becomes a Halloween costume expert every fall, said the store's elaborate masks are always popular.

"There's always political stuff, they want Obama or Bush — he's really popular — and (Bill) Clinton," she said. "They sold out pretty fast."

Customers often ask for Canadian politician masks — especially of Stephen Harper — but the store hasn't found a manufacturer that makes them, she said.

This year's most popular costumes are Catwoman and Bane from the Dark Night Rises, Sambey said. Superheroes of all kinds — from the current movies or timeless comics — are always popular, she said.

"People come in looking to be inspired," she said. "But I love when people are making their own costumes. When they say they're looking for this and this, and avoid buying a packaged costume, I love helping them out."

JESSICA SMITH/METRO IN TORONTO

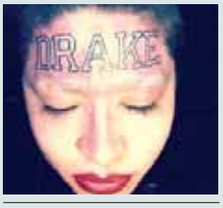
Dancewear expert Alana Sambey holds up a Bane costume at Malabar on Monday morning. JESSICA SMITH/METRO IN TORONTO

U.S. presidents — Obama, Clinton and Bush — remain a popular costume choice north of the border. PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; PHOTOS: GETTY IMAGES FILES

DO

Try out one of these great #lastminutecostume suggestions from Metro readers:

- @rangina told us she bought $2 eyeliner to become "the woman who tattooed DRAKE on her forehead." A woman from L.A. did just that in 2011 and the photos of her real, permanent tattoo went viral.



Michelle Janzso tweeted this photo of her Paper Bag Princess costume. CONTRIBUTED

- For the less controversial, try @mlo10's suggestion. She tweeted, "@metrotoronto paperbag princess! Inside out leaf bag, rope, and a tiara."
- The politically inclined can be Clint Eastwood at the Republican Convention. Wear a suit, bring a chair. That way if you end up alone at the party, you still have someone to talk to.

Going out in Gangnam Style

Psy says he'll be dressing his best this Halloween because his fans from around the world will be dressing up as him.

The South Korean rapper of Gangnam Style fame, whose real name is Park Jae-sang, went on Reddit last week to answer questions from fans on everything from how he and his family are handling his speedy rise to global fame to what he'll be wearing on Oct. 31.

"I heard my costume is costume of the year, so this Halloween I gotta dress more classy, as classy as possible," he wrote, adding that South Korea doesn't celebrate Halloween.

Psy will be performing for the first time in Canada Tuesday night at the Kool Haus in Toronto, as part of a promotion for Samsung. The first 25 people at the door with a Galaxy device and the best five Psy impersonators will be let in, but all of the other tickets have been given away, according to the phone company.

If dressing up as Psy and the other characters from Gangnam Style proves to be as popular as the music video, there may be millions of Psy Oppa's out tomorrow night. Good thing there are a number of looks to chose from.

Playground/Beach Psy: You'll need: Pink shorts, white collared shirt, orange ascot or silk scarf, tortoiseshell sunglasses, and glass of cola to spit everywhere.

Psy in the stables: You'll need: A black suit or tux, black shirt, white bow tie, black shades, black and white oxfords, a talent for horse dancing.

Garbage Psy: You'll need: A blue blazer, black shades, black pants, white shirt, black bow tie and some friends who are willing to throw garbage at you.

Psy in the sauna: You'll need: A blue towel, black shades and little modesty.

Gangnam Girl: You'll need: A flowing white shirt, white socks and sandals, and sparkly shorts (or shorts, sequins and a glue gun).

Yelling at yoga butt Psy: Adventurous couples will need: Black suit jacket, black shades, black bow tie, khakis, a white sleeveless shirt and yoga gear.

Nong Chul and Psy in the elevator: To be comedian Nong Chul you'll need: Straw hat, lime green T-shirt and a hole punch, white shorts and some fabric pens, construction paper, glue and a necklace chain, black sandals.

To be Psy you'll need: A black suit, black bow tie, black shades and a healthy level of comfort with the friend who is going as Chul.

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; PHOTO: GETTY IMAGES FILE

JESSICA SMITH/METRO IN TORONTO

Online payments

PayPal eliminates 325 positions

PayPal says it is cutting 325 full-time jobs in a move to streamline the business. The company, a unit of EBay Inc., also said Monday that it is ending jobs with about 120 independent contractors worldwide.

PayPal had 3,200 workers before Monday's cuts. The company says the reductions are primarily in PayPal's product and technology organizations.

THE ASSOCIATED PRESS

Package delivery

UPS plans to break holiday record

UPS expects to deliver 527 million packages between U.S. Thanksgiving and Christmas this year, surpassing last year's record high by 10 per cent.

The company estimates 28 million of those will be delivered on Thursday, Dec. 20 — projected to be the busiest day of the year. That's nearly double what the U.S.-based firm moves on an average day.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 99.92¢ (-0.28¢)

TSX 12,312.75 (+12.45)

OIL $85.54 US (-$0.74)

GOLD $1,708.70 US (-$3.20)

Natural gas: $3.471 US (+7.1¢)
Dow Jones: Closed due to storm

McDonald's wants piece of daily grind

Battle brewing. Chain goes after at-home market by launching bagged ground coffee

McDonald's will start selling bags of ground coffee at its restaurants in Canada on Nov. 5. MCDONALD'S

McDonald's will launch take-home ground coffee on Nov. 5, a product that will be exclusively available in Canada.

Each bag is priced at $6.99 for 340 grams, in a shot aimed at the chain's biggest competitors, Tim Hortons and Starbucks. "They're very successful companies and they've got great connections with consumers," said John Betts, president and chief executive of McDonald's Canada. "We had to do something dramatic."

In some respects, it's the evolving at-home coffee market that serves up the most potential for growth.

Coffee drinkers average two cups per day and two-thirds of them are brewing some of their drinks at home, according to a report by the NPD Group released in July. More than a quarter of Canadian coffee drinkers (27 per cent) said they sip coffee at home more than they did last year, and the same percentage stated they now consume the beverage less when they're out.

Betts said McDonald's is keeping its offerings simple for now. The restaurant has decided to sell only bagged coffee, and stay away from the single-cup market.

THE CANADIAN PRESS

Random House, Penguin merger to create giant consumer publisher

Two of the world's biggest publishing houses are to link up in a deal that will bring the writings of classics like George Orwell's 1984 and this year's literary phenomenon Fifty Shades of Grey under one umbrella.

Pearson will merge its Penguin Books division with Random House, which is owned by German media company Bertelsmann, to create the world's largest publisher of consumer books, with around a quarter of the market.

As well as publishing books from authors such as John Grisham, Random House scored a major hit this year with E.L. James' Fifty Shades, a steamy novel about a submissive college student and a dominant entrepreneur. Penguin has a strong backlist, including Orwell, Jack Kerouac and John Le Carre.

The two companies said Monday that Bertelsmann would own a controlling 53 per cent share of the joint venture, which will be known as Penguin Random House. Bertelsmann would keep full control of Verlagsgruppe Random House, its trade publishing business in Germany, and Pearson would retain the right to use the Penguin brand in education.

THE ASSOCIATED PRESS

By the numbers

26%

The combined company will control 26 per cent of the global consumer publishing market, leaping ahead of the 17 per cent share of French publisher Lagardere, according to research by Espirito Santo Bank.

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885

Sandy's economic forecast: plenty of short-term pain

Weathering the storm.
Despite current havoc, hurricane's effect on overall growth will be offset by reconstruction

A woman carries bags back to her car after visiting a storm-proofed grocery store — which boarded its windows, but stayed open for business — on Monday in Sayville, N.Y., ahead of Hurricane Sandy. The superstorm assaulted the U.S. East Coast Monday, forcing the shutdown of mass transit, schools and financial markets, sending coastal residents fleeing, and threatening a dangerous mix of high winds and soaking rain. JASON DECROW/THE ASSOCIATED PRESS

Airlines cancelled thousands of flights and stranded travellers. Insurers braced for damages of up to $5 billion US. Retailers expected shrunken sales.

Hurricane Sandy is causing disruptions for companies, travellers and consumers. But for the overall economy, damage from the storm will likely be limited. And any economic growth lost to the storm in the short run will likely be restored once reconstruction begins, analysts say.

Preliminary estimates are that damage will range between $10 billion US and $20 billion US. That could top last year's Hurricane Irene, which cost $15.8 billion US.

If so, Hurricane Sandy would be among the 10 most costly hurricanes in U.S. history. But it would still be far below the worst — Hurricane Katrina, which cost $108 billion US and caused 1,200 deaths in 2005.

"Assuming the storm simply disrupts things for a few days and it doesn't do significant damage to infrastructure, then I don't think it will have a significant national impact," Mark Zandi, chief economist at Moody's Analytics, said Monday. The economic impact could be more severe if the storm damages a port or a major manufacturing facility such as an oil refinery, Zandi noted. THE ASSOCIATED PRESS

Financial markets

Storm surges into earnings season

A number of major U.S. companies postponed quarterly earnings reports scheduled for Monday and Tuesday, as Hurricane Sandy barrelled into the U.S. East Coast and caused the first unplanned shutdown of financial markets since Sept. 11, 2001.

The New York Stock Exchange, Nasdaq and CME Group in Chicago closed Monday. The last time the NYSE closed for a weather event was in 1985, when Hurricane Gloria hit the East Coast.

Stock trading will be closed in the U.S. for a second day Tuesday as the hurricane moves inland. THE ASSOCIATED PRESS

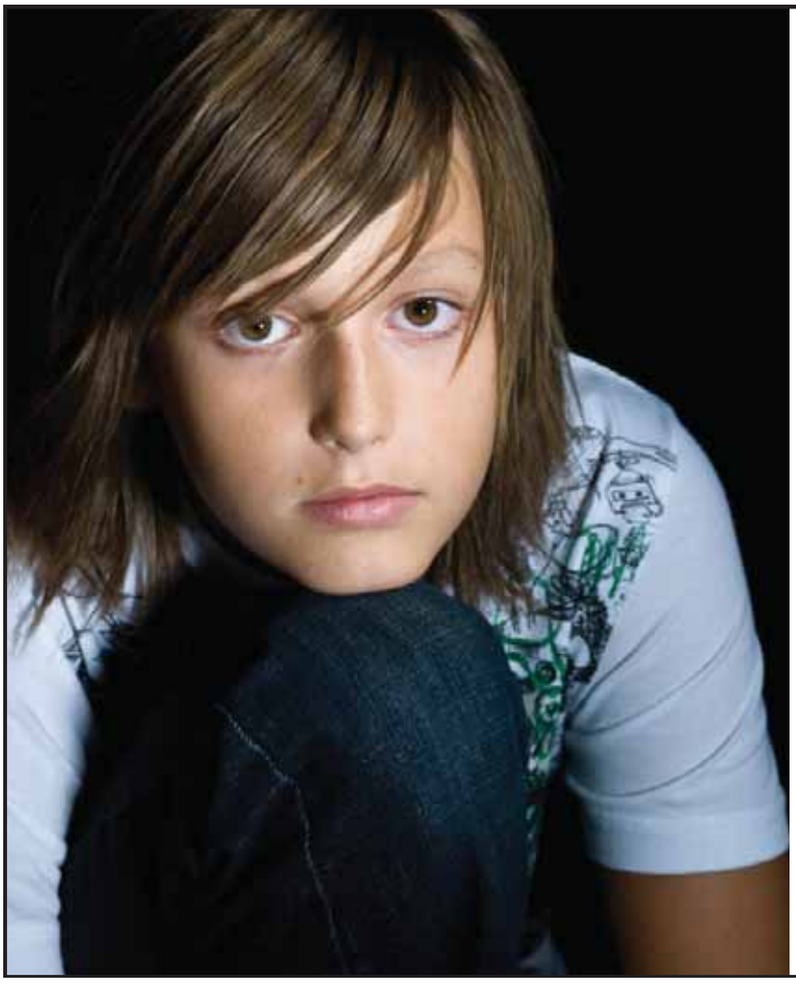
Budget officer. Slower growth could take $22B bite out of economy

Canada's budget watchdog says slower growth will sap about $22 billion annually from the country's economy.

Parliamentary Budget Officer Kevin Page says in a new report that he anticipates economic growth will brake to an annual rate of 1.6 per cent in the second half of this year, after slowing to 1.8 per cent in the first half.

He's not much more optimistic going forward, forecasting tepid growth rates of 1.5 per cent in 2013 and two per cent in 2014. That's at the bottom of most economic forecasts and well below the Bank of Canada's projections of growth rates of 2.2 per cent in 2012 and 2.3 and 2.4 per cent in the two years after that.

The PBO says the removal of government stimulus has robbed about one percentage point of growth from the economy. At the weaker levels, the PBO says Canada's nominal gross domestic product, from which Ottawa derives tax revenues, will be $22 billion lower annually. THE CANADIAN PRESS



When kids are hungry, it's hard to learn

Over 137,000 BC children are growing up in poverty.

BC had the highest rate of child poverty for eight years in a row.

It's past time for the BC government to catch up with other provinces and create a comprehensive poverty reduction plan for BC families.

Because there are no band-aid solutions to child poverty.

A message from the Surrey Teachers' Association

To learn more, visit

betterschoolsbc.ca

Copyright. U.S. Supreme Court case could have major impact on discount and online goods

U.S. Supreme Court justices on Monday weighed copyright protections for publishers, creative artists and manufacturers in a global marketplace in a case that has attracted the interest of Costco, eBay and Google.

The outcome has important implications for consumers and multibillion dollar annual sales online and in discount stores.

The court was about the only Washington institution open on Monday. The justices and spectators who braved the rain and wind saw a book publisher face off against a Thai graduate student in the U.S. who resold the publisher's copyrighted books on eBay after relatives first bought nearly identical, cheaper versions abroad.

The court seemed to struggle with whether it matters where the books were produced and first sold.

The case has attracted so much attention because it could affect many goods sold online and in discount stores. The resale of merchandise that originates overseas often is called the grey market, and it has an annual value in the tens of billions of dollars.

THE ASSOCIATED PRESS

Online publishing

Toronto Star joins move to paywall structures

Canada's biggest newspaper by circulation The Toronto Star is preparing to launch a paywall for its website sometime next year, the newspaper's publisher said Monday. It's the latest major Canadian newspaper to ask readers to pay for full access to online content with a digital subscription model. Earlier this year, National Post owner Postmedia began unrolling its own paywall structure at dailies across the country. The Globe and Mail followed with a similar model last week.

Newspapers have been looking for new ways to drive revenues as more readers gravitate towards their websites.

THE CANADIAN PRESS

New Google gadgets include smartphones, larger tablet

Nexus devices. Web giant also lowers price on seven-inch tablet to fend off iPad Mini

The Nexus 10 tablet is shown at a Google announcement in San Francisco on Monday. JEFF CHIU/THE ASSOCIATED PRESS

Google is adding a few more gadgets to holiday shopping lists. The devices announced Monday include the latest in Google's line of Nexus smartphones and a larger version of the seven-inch Nexus 7 tablet that the company began selling in July under the Nexus brand.

The Nexus 4 smartphone is being made by LG Electronics Inc. and features a minor update to Google's Android operating system, which now powers more than 500 million devices worldwide. A more comprehensive upgrade is expected next year.

The larger Nexus tablet is being made by Samsung Electronics Co. and features a display screen that measures 10 inches diagonally, about the same size as Apple Inc.'s top-selling iPad.

Google's introduction of a larger tablet comes less than a week after Apple announced it's making a smaller, less expensive iPad with a 7.9-inch display to compete against the Nexus 7 and Amazon.com Inc.'s Kindle Fire. The iPad Mini will be available in stores Friday.

Some analysts have questioned whether consumers will balk at the iPad Mini's $329 US price for a device with 16 gigabytes of storage. Google is widening the price difference between the iPad Mini and its smaller tablet by lowering the price of a comparable Nexus 7 from $249 US to $199 US.

THE ASSOCIATED PRESS

METRO CUSTOM PUBLISHING BRIGHTON COLLEGE

BUILDING A CAREER

WITH PROGRAMS AT BRIGHTON COLLEGE

Greater Vancouver's construction industry is booming.

"It's a boom encompassing both private and public projects, including infrastructure projects," says Edward Chung, program director of the AutoCAD, Construction and Engineering Division at Brighton College. "We're seeing the building of new roads, bridges, and tunnels, new utility lines, new underground piping systems. Construction graduates help keep it all going."

"Vancouver is also a port city with a high standard of living," adds Perry Gross, an educational adviser at Brighton. "There is great demand for new buildings, both commercial and residential, and many investors willing to support such development. Architects, and those who assist them, are highly sought."

Brighton College programs meet this need. Its architectural design and building technician diploma program qualifies students for management positions in the architecture, building design, and construction fields as soon as they graduate. Right now, the program has the second-best graduate employment rate of any at Brighton College.

Brighton's civil infrastructure design technology program has the highest. Its success is easy to explain, says Chung — graduates of this program earn accreditations that others don't have.

CONTRIBUTED

"Graduates are fully accredited by the Applied Science Technologists and Technicians of British Columbia," Chung says. "They are further recognized by the Canadian Technology Accreditation Board, making them eligible to work anywhere in Canada, plus Sydney, Australia, and Dublin, Ireland. These accreditations give potential employers confidence — and give our graduates the flexibility to choose their best path."

To learn more about these programs and others at Brighton College, visit brightoncollege.com.

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ON CONTENTIOUS COMMAS AND THE IMPORTANCE OF GRAMMAR

SHE SAYS...
Jessica Napier
metronews.ca

I went to a party a few months ago with a number of friends including a fellow writer. In true nerdy, English-loving fashion, we spent half the night discussing our stance on a common grammatical debate: the serial comma. She was for, I was against; it got quite ugly.

Those who are passionate about punctuation will understand the dispute regarding whether or not a comma needs to precede the final item in a list.

Language 101

When you can have an entire conversation using emoticon characters — those adorable picture icons — is there really a place for your grandfather's dusty copy of The Elements of Style?

Consider these two phrases:

"My favourite colours are red, white and blue."

"My favourite colours are red, white, and blue."

Omitting the final comma in the series doesn't change the meaning at all, but I find the second sentence a little awkward to read. Ultimately, the serial comma (or Oxford comma if you're a Vampire Weekend fan) is more of a stylistic issue than anything else. Interestingly, it may be a colonial issue as well: The British are far more likely to use the serial comma than their North American counterparts.

Are you bored yet?

Grammar lessons are something we all vaguely recall from our grade-school days: chalkboards filled with dull rules about comma splicing and guidelines for capitalizing nouns. Many of these lessons have been forgotten in an age of auto-corrected predictive texting and Internet speak, TBTH.

When you can have an entire conversation using emoticon characters — those adorable picture icons — is there really a place for your grandfather's dusty copy of The Elements of Style?

There are still some folk who relish in grammatical nitpicking, but no one really likes those condescending know-it-alls who make a habit of correcting you when you use "who" instead of "whom" and roll their eyes at dangling modifiers.

But, while it might be dry, learning how to use the correct linguistic tools and conventions can also be a very empowering thing. Grammar gives you the power to say the things you want to say the way you intend to say them.

Totalling 448 pages, The Canadian Press Stylebook is a little impractical to carry around with you, but online sites like Grammar Girl are excellent resources for the grammatically challenged. Writer Mignon Fogarty offers brief tips, and answers questions about common grammatical mistakes or confusions such as the difference between affect and effect and when to use i.e. instead of e.g.

Grammar isn't sexy or exciting, but it can help transform passive sentences into active statements and give us more control over the way we communicate with one another.

Be not afraid of grade-school-grammar-lesson flashbacks. ISTOCK

That's using one's head

ANITA MARIC/NEWSTEAM

Human feat

No headache for extreme balancer

This chap needs to be level-headed to do this stunt.

British grandad John Evans balances a 90-kilogram cement mixer on his head at a charity show near the English city of Derby.

Evans, 65, first discovered his talent in the 1960s when, as a labourer, he would stack 24 bricks on a floorboard and balance it on his head as he climbed up and down ladders. METRO

Q & A

'Strongest neck in the world'

The Guinness World Record holder from the town of Ilkeston, England, spoke to Metro.

How did you balance this hefty-looking thing?
First, a forklift hoists the mixer above my head. Then the lift lowers and places it on top of my head and I start walking backwards about three metres away from the forklift, while holding the plywood on top. Slowly I let go and balance it for a minimum of 10 seconds, before returning to the lift.

Have you had an accident before?
Never. Since I started this over 20 years ago, I have built up the bones and muscles in my neck. I have the strongest neck in the world — I don't think anyone else can do these extreme balancing acts.

The most difficult was balancing a Mini Cooper car, because if it were to fall I wouldn't have time to jump out of the way — the car would crush me!

So no health scares?
Well, my neck has shrunk a bit! I weigh over 130 kilograms myself, (am) diabetic and have one eye, so it's quite remarkable that I can do this sort of thing.

Balancing act

He must be headstrong

Twenty years after his first balancing act as a labourer, he started putting heavy objects on his head for entertainment.

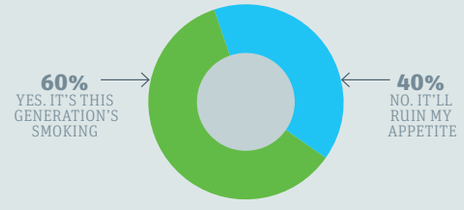
Now, he has 33 Guinness World Records, has travelled the world showing off his talent, and has appeared on The Tonight Show with Jay Leno.

"No one else in the world can do what I do," he said while holding a homemade Tardis (phone booth) on his head during his most recent stunt. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should junk food carry warning labels?



Twitter

@CoachKen41: today I do not feel too terribly about the Vancouver rain... it's not a hurricane. Wishing my friends and family in the East well.

@Lexes_Bear: Getting my hopes up because Taylor Swift is coming to Vancouver June 29th.

@GianGinoble: I love Vancouver!!! Is a beautiful city!!! While waiting for the concert tomorrow night, with Barbara Streisand.. So exited!! ;D

@BoredNVancouver: Today's random thing to do in #Vancouver: Stand in line & enjoy a bowl of ramen at Kintaro! http://ow.ly/eI50t

@steveburgess1: Nice to see there's still plenty of rain left over for Vancouver.

metro

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SCENE

DVD review

Alfred Hitchcock: The Masterpiece Collection

Director. Alfred Hitchcock

●●●●●

Trying to figure out the logic behind any Alfred Hitchcock DVD boxed set can be as suspenseful as one of the master shocker's films. Alfred Hitchcock: The Masterpiece Collection isn't all that different from the similarly titled set released in 2005, except for two important things. It's now in the high-definition Blu-ray format, and it includes North by Northwest, curiously missing from the first release. These two things make this a masterpiece collection worthy of the name, even if we might lament the continuing MIA status of Notorious, Strangers on a Train and Dial M for Murder. This one does a solid job of canvassing a six-decade career that began with silence in the 1920s and continued through "the talkies" and technicolour, up to the studio system's demise in the 1970s. Three films are from the 1940s (Saboteur, Shadow of a Doubt, Rope), five from the '50s (Rear Window, The Trouble With Harry, The Man Who Knew Too Much, Vertigo, North by Northwest), five from the '60s (Psycho, The Birds, Marnie, Torn Curtain, Topaz) and two are from the '70s (Frenzy, Family Plot).

PETER HOWELL

Jim Breuer is just one of the comedians taking part in the Just For Laughs Relationship tour. GETTY IMAGES

Breuer hits the road

Just For Laughs tour. Relationships tour has former SNL funnyman join up with a handful of other comedians for shows across Canada

MARK BRESLIN
scene@metronews.ca

Saturday Night Live alum Jim Breuer is among the comedians touring the country this month as part of Just For Laughs' relationship-based comedy tour. The tour, which runs through Nov. 25, also features John Heffron, Debra DiGiovanni, Tom Papa and Godfrey. Metro recently had the opportunity to chat with Breuer about marriage, rock 'n' roll and who is the biggest partier on the tour.

I'm looking at your official 8-x-10 and I can see that you're sporting some serious man cleavage. Now, is this the image of a family man with a wife and three daughters? You have a sexy, come hither kind of look in your eyes.
Yes, I kind of look a little buff — the "I think I'm still kind of cool and I want chicks to think I'm cool and hot" look. I don't think comics ever let that go. I think this was a year ago, a year and a half ago this picture was taken. I was in the best shape of my life and I think we were using the 8-x-10 for some TV or film we were trying to get.

What does your wife think of that picture? Does she approve?
My wife thinks that's a good picture. But I do have to take a new one where I'm in a suit. The other one that people used was this green corny shirt and I looked soft, I can't stand that picture. But with this one I wanted something a little more edgy, just a little "not sure what you're going to get from this guy"

Speaking of "edgy," how hard is it to reconcile your heavy metal comedy tour with your current relationship material?
Well, I usually open up with 10 minutes of being a heavy metal dad. And going to see concerts at my age, which is absolutely impossible. Now, what you just touched upon is that I did some heavy metal comedy last year as part of the Metallica thing in Germany — a couple of dates in the north east, and it confused audiences. Young people came and flipped out and lost it! Some people thought they were coming to see Jim Breuer just doing standup. So they were decked out for the night and wondering why they were there to see a rock concert. It made me realize I have to completely separate the two.

Get your laughs...

To find out when the tour starts dishing out relationship advice in your city, visit hahaha.com/comedytour

Sounds like you miss the rock n' roll stuff.
As soon as I'm done with the Canadian tour, I'm going to work for a New York show which is just a hard rock comedy show and we'll be on tour in 2013. We're in rock clubs and people clearly know you're not coming to sit down to watch a theatrical standup show.

You're touring on a relationship themed show with Deb DiGiovanni, Godfrey, and John Heffron. Which one of you is the wild one on the tour?
I'm married with three kids so that stuff is behind me. But I've gotta say it's Godfrey. That man is wild!

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Joe Simpson ALL PHOTOS GETTY IMAGES

Gossip on the green: Joe playing with someone his own age?

The reports dogging Joe Simpson that he's recently come out of the closet to his family and has been carrying on an affair with a 21-year-old man appear to be effecting his golf game. According to Radar Online, Simpson didn't play with his usual partner at his weekly outing. "Everyone noticed that after reports surfaced that Joe was gay, he didn't play with his regular young, good-looking friend this past Saturday, but played with someone much, much older," a source tells the website. "Joe has always played golf at his swanky club Mountain-Gate on Saturdays at 12:30 p.m. with a much younger, 20-something male, who isn't a member. Joe's golfing buddy is extremely good looking and Joe is very, very secretive about his identity. Joe never writes the guest's name on the sign-in sheet and never allows any other members to join in while they play golf, which is very, very odd."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kunis ain't carrying Kutcher's bundle of joy, but maybe soon?

Mila Kunis' rep insists that the actress is not pregnant with boyfriend Ashton Kutcher's child despite photos from a recent outing that appear to show the actress sporting a growing baby bump, according to the Daily Mail. "She is not expecting," her rep tells the newspaper. But that doesn't mean motherhood is out of the question for the Friends with Benefits star, who expressed her desire to be a parent earlier this year in an interview with Glamour. "I do want a family. I'd rather be in love and have a baby than a movie," she said.

The Brangelina bunch go on a Halloween hunt

Angelina Jolie hit a Halloween superstore near Los Angeles this weekend for a bit of last-minute shopping with three of her kids, according to Us Weekly. The actress showed up with daughter Shiloh and four-year-old twins Knox and Vivienne, picking up toys and costumes for the kids. "Angelina looked amazing. She definitely looked really healthy and she was really sweet. A few fans came up to her and she was beyond nice to them and talked to every single one of them," A source says. "They were there for close to an hour and they had a pretty large purchase." Among the items purchased was a unicorn costume for Vivienne that she wore out.

Twitter

@EllenBarkin
Just a random question...do you think anyone has fallen in love over twitter? I mean aside from me, several times.

@JonahHill
I think I'm gonna be "Slutty Mitt Romney" for Halloween.

@kirstiealley
Note to women over 50 who are losing weight... don't get too damn skinny or you'll look like a spider monkey.. pleasantly lean is better..:)

@ConanOBrien
The best perk of being a celebrity? I'm allowed to use 141 characters in my tweets. No, I don't feel like proving it.

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Keeping your little ghosts and goblins safe this Halloween

Trick-or-treat. New apps allow you to keep tabs on your kids without looking over their shoulder as they gather goodies

DOROTHY ROBINSON
Metro World News

Pick houses your kids feel safe going to trick-or-treat. ISTOCK PHOTOS

You'd never let your child go to a stranger's house unattended any other time of year, so why should Halloween be any different?

Nancy A. McBride, the national safety director for the Center for Missing & Exploited Children in the U.S., says children should be accompanied by a parent or trusted adult and walked to the door by the parent to receive treats.

"Know the neighbourhood in which you plan to trick-or-treat. Pick houses that you feel comfortable letting your child visit. Do not visit homes that are isolated or poorly lit," she says.

Make sure your child is able to see and move easily in his or her costume.

"Consider having your child carry a flashlight so that they can see more easily and are easily seen," she notes.

And even if your child is old enough to go out without your supervision, always make sure he or she is in a group.

If you're still nervous, there are several tracking apps that can provide an extra layer of security to keep track of your children via cellphone without being intrusive.

The Snap Secure Geofence for Android sets a virtual boundary.

"If they stray from that perimeter, or don't return to a specified location within a certain period of time, it automatically sends you an email alert," says Jiren Parikh, CEO of Snap MyLife, the developer of the app.

Their other app made for the family is the Snap Secure Family Locator.

"(It) lets you check in on their exact location at any time, in real-time, by using your own mobile device or web dashboard," he notes.

Finally, keep in mind there are different ways to celebrate the holiday that don't involve going to strangers' houses.

"I'm a big fan of organizing a home or community party as an alternative to trick-or-treating," says McBride.

More tips

Additional safety tips for Halloween

- **Tip No.1.** Be sure children do not approach any vehicle, occupied or not, and make sure they get away quickly if someone gets out of a vehicle and starts to approach them.
- **Tip No.2.** Children should never enter a home without their parent's permission.
- **Tip No.3.** Teach your child to say, "No!" or "This is not my mother/father!" in a very loud voice if someone tries to get him or her to go somewhere.

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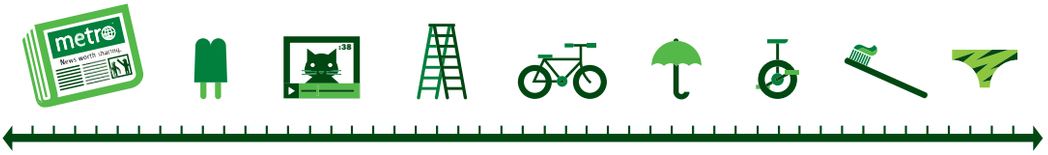

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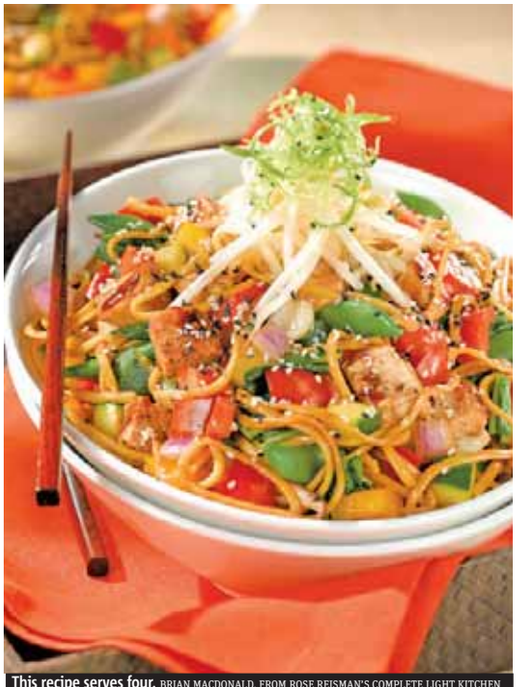

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This stir-fry is outstanding with rice noodles, but it's also good over rice, couscous or linguini.

Chicken thighs are more tender and flavourful than the breast, but you can use either. Dipping the chicken in the soy and cornstarch mixture keeps it very moist.

1. For the chicken, place the diced chicken, soy sauce and cornstarch in a bowl; stir until well combined. Add oil to a non-stick wok and place over medium heat. Sauté the chicken for 4 minutes, until almost cooked. Remove from the pan and set aside. Wipe out the pan.

2. For the sauce, combine the stock, vinegar, soy sauce, sugar, molasses, cornstarch, sesame oil and chili paste in a small bowl; stir until well combined.

3. Cook the noodles in boiling water for 2 minutes or just until tender. Drain and set aside.

4. Respray the wok with cooking oil and place over medium heat. When hot, add the bell peppers and peas. Sauté for 2 minutes, then stir in the sauce and chicken. Cook, stirring, for about 1 minute, until the sauce has thickened. Add the rice noodles and heat thoroughly, about 2 minutes. Serve on a large platter garnished with cilantro or parsley and sesame seeds. Scatter bean sprouts over top. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Ingredients

Chicken
- 1 lb boneless, skinless chicken thighs, diced
- 1 tbsp low-sodium soy sauce
- 1 tbsp cornstarch
- 2 tsp vegetable oil

Sauce
- 1/2 cup chicken stock
- 2 tbsp rice vinegar
- 3 tbsp low-sodium soy sauce
- 2 tbsp brown sugar
- 2 tbsp molasses
- 1 tbsp cornstarch
- 2 tsp sesame oil
- 1 tsp hot chili paste

Base
- 6 oz medium rice noodles
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups thinly sliced snow or sugar snap peas
- 1/3 cup chopped cilantro
- 2 tsp sesame seeds, toasted
- fresh bean sprouts

Health Solutions

Protein punch

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Are you getting enough protein? On average, adult women need about 46 grams and men need about 56 grams. (This average changes with your age, gender, size and activity level or nursing and pregnancy status.)

More isn't always better since your body can only make use of the exact amount it needs, and any extra can put a strain on your kidneys.

North Americans tend to get enough, so the burning question is: Do we get enough of the right source?

Here are protein sources and amounts. Choose more from the leaner end at the top of this list, as they tend to offer added health benefits and few downsides.

- **5 oz/30 g fish (mostly good fats)**
- **1/2 cup/7 g beans (great for fibre)**
- **1/2 cup/8.5 g edamame (soy beans)**
- **2 tbsp/4 g almond butter (good fats and fibre)**
- **3 oz/6 g extra firm tofu**
- **2 oz/14 g cheddar cheese (but it contains 220 calories and 18 g fat)**
- **5 oz/40-60 g of meat, chicken or pork (watch for saturated fat and cholesterol)**

Most experts agree that it is better to vary the source and spread the yummy throughout the day rather than obtaining a big meaty wallop all in one go. (Sorry, Steak Frites). **THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Sweet Movember – A charity booster and the reason I met my hubby

Kristen Thompson and husband Dylan showing off their 'staches on their wedding day. JENNIFER MOHER PHOTOGRAPHY

More than just silly lip hair. Moustache month raises millions worldwide for men's health, but it also introduced me to the love of my life

KRISTEN THOMPSON
kristen.thompson@metronews.ca

This time every year, I cringe as my husband waffles between growing friendly muttonchops or a pushbroom for Movember.

But I have to remind myself that growing a prickly 'stache is saving and changing lives. And in my case, bringing people together.

In 2007, I hadn't even heard of the Movember campaign — which raises money and awareness for men's health — and I was tasked with writing a story about this quirky fundraiser's first official year in Canada.

A colleague happened to have a friend taking part in Movember, so he passed along his name and contact and I called him up. That brief interview sparked a friendship that turned into a romance that, four years and four Movembers later, led us down the aisle. We didn't forget the importance of Movember at our wedding this year, writing a "how we met" story in our wedding program that begins: "It all started with a hairy upper lip."

Wedding guests were also given moustaches on sticks for photo hilarity. Since we met, Movember has grown into an international movement that's had nearly two million participants in dozens of countries around the world. Last year alone, Mo Bros and Mo Sistas raised $125.7 million for the cause, and helped bring greater awareness to male participants about the health risks they face.

I admit it, I could do without a month of bristly kisses. I prefer seeing the Tom Selleck ON Tom Selleck. But really, it's worth it when I think about the fact that I only have to live through a month with his moustache, but get a lifetime with Dylan.

The facts

Movember started in Melbourne, Australia in 2003 with 30 participants.

What it has become. In 2011, more than 854,000 people in 14 countries took part in the campaign, where it officially obtained charity status in Canada. Last year alone it raised $125 million toward men's health.

What happened to your nest-egg goal?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Are you looking back at your 2012 financial goals with a guilt-ridden pain in your stomach? Don't fret. If you want to end 2012 with a plan to really kick-start your net worth growth, read on.

To grow your bottom line, you must reduce debt and build assets.

Step 1
Know where you stand financially so that you can create a plan to grow your bottom line. When you get home tonight, download your favourite net worth tracking tool to determine what you own and owe. All major banks have free online calculators, but if you want to build your own, simply total up your assets and subtract your liabilities.

Step 2
This week, set a realistic net worth goal for the remainder of 2012, 2013 and 2014.

For example, if your current bottom line is negative $1,000, grow it to $500 by year-end, and aim to have $10,000 by 2014.

Step 3
If you don't start tracking your money, you'll lose it, so develop a budget this week.

According to author Dr. Thomas Stanley, the majority of self-made multi-millionaires keep meticulous budgets, even though they're rolling in dough. A terrific budgeting website is Mint.com, though you can download other free budgeting tools from any major bank.

Step 4
Next week, review your budget and look for ways to cut back unnecessary expenses. Think about your food and shopping habits and pay attention to the small expenses as they can add up to be quite substantial.

Step 5
Going forward. Before you spend your money on payday, prioritize saving and debt reduction through automatic payments. Sign up for your company's retirement savings plan. Employers will often contribute free money. If your company doesn't have one, or even if they do and you want to save outside of their plan, sign up for an RRSP and TFSA.

Aim to tuck away 10 to 15 per cent of your salary. If that's too steep, start with less and grow your contributions every six months.

Crush your debt quickly by negotiating the lowest rates with your lenders. Then pay a little extra each month. Even $5 can make a difference.

Step 6
Before Dec. 31, 2012, meet with a qualified financial advisor and develop a plan to achieve your goals.

While building your bottom line, don't put yourself on a financial starvation diet.

You still need to enjoy life and all of its experiences, which often cost money. Take a balanced approach.

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SPORTS 4

Whitecaps central defender Jay DeMerit talks with reporters following Monday's training session at the Burnaby Lake Sports Complex. CAM TUCKER/METRO

'Underdog' Caps go on the defensive

MLS. Vancouver club committed to shutting down high-powered L.A. Galaxy in playoff debut

CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Whitecaps say they belong in the Major League Soccer Cup playoffs. They say they can compete with the best the league has to offer.

But they've also not been shy about revelling in their status as underdogs in a single-game, opening-round elimination playoff match against the Los Angeles Galaxy, set to take place Thursday at the Home Depot Center.

On paper, it's no contest.

The Whitecaps are a second-year MLS franchise that finished last in the Western Conference a year ago. They have also won just once in their last 10 games and needed help from the Seattle Sounders simply to squeak into the fifth and final playoff spot.

They've lost all three matches in L.A. since joining MLS and have been outscored 8-0 in that span.

The Galaxy are the defending MLS Cup champs, winners of six of their last 10 matches, with points in nine of those games, and possess high-priced soccer superstars like David Beckham, Robbie Keane and Landon Donovan.

"I think going into a game like that, being the underdog, means you're going to have a little bit less pressure, which I think we all enjoy," said Whitecaps captain Jay DeMerit after Monday's training session in Burnaby.

"Now it's just a matter of channelling that the right way."

The Whitecaps have reverted lately to the staunch defensive style that made them so successful at the beginning of the season, recording three clean sheets in their last four games.

And diverting from that style isn't likely to happen.

"As long as we're sound defensively and we limit their opportunities, I think we're going to have chances at our end," said Brad Knighton, who is likely to be the Whitecaps starting goalkeeper against the Galaxy.

"We just need to finish our half chances, our full chances that we get, and hopefully lock down a win. It's a one-off game, so whatever it takes to go in and score a goal ... it really doesn't matter. It doesn't have to the prettiest game."

Lockout

Winter Classic to be chopped by Friday: Source

The Winter Classic is next on the chopping block.

Barring unexpected progress in the NHL's labour talks this week, the league's signature Jan. 1 event will follow the 326 regular-season games already wiped from the schedule. The formal cancellation is expected to be made by Friday, according to a source, just ahead of a deadline built into the NHL's contract with the University of Michigan.

The deal struck with the school for the rental of Michigan Stadium last February included a "work-stoppage cancellation" clause that allows the NHL to call off the game as late as Friday for a penalty of $100,000 — an amount it has already paid as a deposit.

This year's Winter Classic between the Toronto Maple Leafs and Detroit Red Wings was billed as the biggest in the event's six-year history.

THE CANADIAN PRESS

Golf

McIlroy gets best of Woods in match in China

Rory McIlroy outduelled Tiger Woods in the first one-on-one exhibition match between golf's two biggest names.

McIlroy shot a 5-under 67 to beat Woods by one stroke in an 18-hole match between the two top-ranked golfers at the Jinsha Lake Golf Club in central China on Monday.

THE ASSOCIATED PRESS

Rory McIlroy, left, and Tiger Woods walk the course at Jinsha Lake Golf Club on Monday. GETTY IMAGES

CFL. Lions rookie DeMarco savours chance to run offence

Lions quarterback Thomas DeMarco, centre, gets sacked by Brandon Smith, left, and Juwan Simpson on Friday in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS FILE

The plan for the B.C. Lions was to hopefully give third-string quarterback Thomas DeMarco at least some playing time last Friday in Calgary.

The circumstances weren't exactly what the Lions coaching staff, or DeMarco himself, envisioned, as B.C. was crushed 41-21 following an abysmal first quarter.

But for someone who has sat idle on the sidelines, the chance to take some snaps during game action was worth it.

"It's always exciting to get back there," said DeMarco, who completed three of six passes for 35 yards, all coming late in the fourth quarter.

"I'm fortunate that I got an opportunity my rookie season to get any playing time at all, just to try and get out there and show the coaches I can do something with the offence we have."

Having played his entire high school and college career in the U.S., the 23-year-old business-management major at Old Dominion has undergone a season-long tutorial in the not-so-subtle differences between the American and Canadian games.

"The biggest thing that kind of confused me is when I was learning the offence — I wasn't sure if I called the formations right," said DeMarco.

"Guys would start on the right, swing around to the left. I'm used to having one guy in motion, and right now we can have up to six." CAM TUCKER/METRO

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Nash sets sights on title with Lakers

NBA. Two-time MVP looking to cap career with championship

Steve Nash is about to begin a new — and final — era.

When Nash suits up in a Los Angeles Lakers uniform for their regular-season opener Tuesday night against the Dallas Mavericks, the 38-year-old will embark on his last quest for an NBA championship that has eluded him for 16 seasons.

"That's a big reason why I'm still playing," he said after practice Monday at the Lakers practice facility. "It's because I enjoy the challenge. I haven't won a championship, and I'd love to know what that feels like.

"Obviously, I can't say (what a championship would mean) until it happens, but it would be a great cap to my career — for sure."

Barring an unforeseen turn of events, the legendary Lakers will "most likely" be his last team in a storied career that has included two NBA most valuable player awards, back-to-back in 2004-05 and 2005-06 with the Phoenix Suns.

"I'll be 41 at the end of this deal," he said. "We'll see how my body feels and my mind is, and if I'm still effective and enjoying (playing)."

The Victoria native inked a three-year contract with the Lakers following a sign-and-trade deal in the off-season that saw him leave Phoenix after a second stint that lasted eight seasons.

Nash helped both Dallas (2000-01) and Phoenix (2004-05) reach the Western Conference finals, but the Suns have had limited success in recent seasons while going through coaching and management changes and rebuilding efforts.

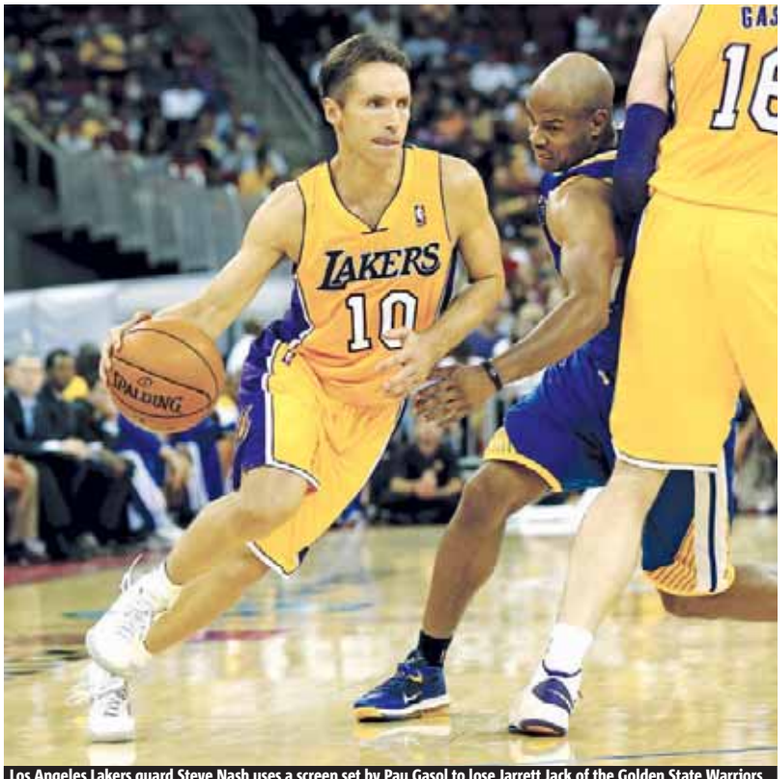
Now, the veteran point guard is being asked to help provide the Lakers with some of the passing and shooting wizardry that have helped him rank among the all-time greats of the game after being a rare Canadian drafted in the first round of the NBA draft (15th overall) by Phoenix in 1996.

Nash's championship quest will be aided by a star-laden squad that includes Kobe Bryant, who is nursing an injury and may not play Tuesday, newcomer Dwight Howard, Pau Gasol and Metta World Peace. While dishing the ball to them, and not playing favourites, Nash will also attempt to introduce a sense of unselfishness to a squad not necessarily known for it.

He will also try to provide cohesion among the brash personalities.

"Guys have been great — so far," said Nash with a smile. "I've enjoyed it. We have a great group of guys — guys that are hungry — and, obviously, guys just have to be honest and have the best interests at heart."

THE CANADIAN PRESS



Los Angeles Lakers guard Steve Nash uses a screen set by Pau Gasol to lose Jarrett Jack of the Golden State Warriors on Oct. 7, in Fresno, Calif. Nash is in the first year of a three-year contract with L.A. STEPHEN DUNN/GETTY IMAGES FILE

Rookie centre

Sacre cracks Lakers roster

North Vancouver's Robert Sacre has also made the Lakers' 15-man roster.

The Lakers selected Sacre, a Handsworth Secondary basketball star during his high school days and a graduate of Gonzaga University in Spokane, Wash., with the last pick in the 2012 NBA draft, in the second round at 60th overall.

The seven-foot, 260-pound centre played in all eight of L.A.'s pre-season games, starting in six of them. He averaged 6.4 points per game and 24.6 minutes per game.

CAM TUCKER/METRO

NBA. LeBron's long wait for ring ends tonight

LeBron James is finally getting his championship ring.

Somehow, that seems like an ancillary element to opening night in Miami.

It's Boston versus Miami, a rematch of last season's Eastern Conference finals that went seven games before the Heat prevailed. It's Ray Allen versus the Celtics for the first time since he left after five seasons to join Boston's biggest current rival. And, oh, it's also the night where the Heat celebrate last season's championship with a splashy ring-and-banner ceremony.

"We'll honour and respect what we were able to accomplish before the game," Heat coach Erik Spoelstra said.

After that? All business.

On the eve of their season opener, both teams preached the same mantra — yes, it's a big game, but win or lose, both teams will still have 81 games left to go in the regular season when they wake up Wednesday morning.

"If we win, do we get a trophy? We get one win and that's it," Celtics coach Doc Rivers said. "And if we lose ... we get one loss and it doesn't mean we still can't win it."

It comes as no surprise to either side that the schedule-makers sent Boston to Miami for ring night.

"Every time there's something big going on," Heat forward Chris Bosh said, "we're playing the Celtics."

Miami kept its championship rotation intact, plus added Allen and Rashard Lewis to the mix. Allen knows it will be unusual to see the Heat get their rings, especially since five months ago, he was busy trying to thwart their title march.

"I'm happy for them that they won, but at the same time, they beat me and put us out," Allen said. "I understand the emotions that Boston will feel, watching the whole ceremony. But at the same time I'm excited for these guys. And once it's over with, it's business as usual." THE ASSOCIATED PRESS

Quoted

"Game 1 doesn't determine who's the better team."

Heat forward LeBron James on Tuesday night's season opener against the Celtics

Heat stars, from left, Dwyane Wade, Chris Bosh and LeBron James rest during a pre-season game against the New Orleans Hornets on Friday in Miami. WILFREDO LEE/THE ASSOCIATED PRESS FILE

Kobe Bryant
STEPHEN DUNN/GETTY IMAGES FILE

Ready or not, Lake Show must go on

Kobe Bryant has missed the last week of practice with an injury. His teammates still don't know their new offence. And the Los Angeles Lakers just finished the first winless pre-season in franchise history.

Ready or not — and most signs point to not — the Lakers regular season has arrived.

Bryant sat out Monday while his teammates went through a lengthy workout ahead of Tuesday night's opener against Dallas. It's the first of four games in six days for a star-studded club with championship aspirations, but plenty of work ahead.

"I think all of us are ready (for) the popcorn and the lights to come on tomorrow," said Dwight Howard, who played in just two pre-season games while returning from back surgery. "It's not going to come overnight. We all understand that. We just have to stay patient through the whole process. We have to keep working, and we'll be fine."

Bryant might not be fine for a bit longer. The fifth-leading scorer in NBA history is resting his right foot, which was bruised and strained last week, and the Lakers won't decide whether he'll play against the Mavericks until game time. THE ASSOCIATED PRESS

Raptors

Turnaround ahead in Toronto?

No bold predictions or promises of playoffs. But there's a quiet sense of optimism around this season's Toronto Raptors squad.

A year after Bryan Colangelo preached patience with a young, building team that was all about gaining experience, the Raptors made several key moves in the off-season that — on paper, at least — have Toronto looking significantly better.

Colangelo added three potential starters to the roster in bulldog point guard Kyle Lowry, Lithuanian centre Jonas Valanciunas and athletic swingman Landry Fields.

"There's that feeling there could be something special about this group, but time will tell," Colangelo said in a recent interview.

The Raptors, who raise the curtain on the regular season Wednesday when they host the Indiana Pacers, finished 23-43 in the 2011-12 lockout-shortened season. THE CANADIAN PRESS

Raptors rookie Jonas Valanciunas
TORSTAR NEWS SERVICE FILE

Saskatchewan Roughriders linebacker Tyron Brackenridge tackles B.C. Lions slotback Kierrie Johnson during CFL action at Mosaic Stadium on Sept. 29. The Riders can secure third place in the West with either a victory over the Lions on Saturday or an Edmonton loss on Friday. LIAM RICHARDS/THE CANADIAN PRESS FILE

Jockeying for playoff position

CFL. A Riders victory over Lions would secure third in West

It looks like the Hamilton Tiger-Cats will need all nine of their lives to make the CFL playoffs.

Despite owning a 6-11 record the Ticats remain in playoff contention in the East Division, but barely. Hamilton must beat the Argonauts in Toronto on Thursday, then have the Calgary Stampeders defeat the Edmonton Eskimos on Friday to make the CFL post-season for the fourth straight year.

But either a loss to Toronto or an Edmonton victory will squash Hamilton's post-season aspirations.

The Ticats did their part with a 28-18 home win over Winnipeg on Saturday. They then got a huge helping hand from the Montreal Alouettes, who beat Edmonton 27-25 on Sunday.

The Eskimos could've clinched a playoff spot with a win and thus eliminated Hamilton from post-season consideration. The Ticats ended Winnipeg's playoff hopes with their victory.

Toronto became the latest CFL team to punch its playoff ticket, clinching second in the East Division with a 31-26 road win over the Saskatchewan Roughriders on Saturday night. The Argos will host the conference semifinal Nov. 11 — their first home playoff date since '07 — but won't know who they'll face until this weekend.

Saskatchewan can secure third in the West with either an Edmonton loss or a season-ending victory over B.C. on Saturday night. The good news for the Riders is the Lions have already cemented top spot in the conference, but the defending Grey Cup champions lost a lopsided 41-21 decision to Calgary on Friday night and undoubtedly want to head into the playoffs on a more positive note.

Should Saskatchewan and Edmonton finish tied, the Eskimos would get third in the West after winning the season series 2-1. The Riders would then assume third in the East and travel to Toronto to open the playoffs.

There's a sense of irony that quarterback Kevin Glenn could have a hand in Hamilton's playoff bid. The 33-year-old Detroit native spent three seasons with the Ticats before going to Calgary in the deal that brought Henry Burris to Steeltown last off-season.

Glenn led Calgary (11-6) to 10 of its wins and second in the West after assuming the starter's job when Drew Tate suffered a shoulder injury in July. Tate has fully recovered and Stampeders coach John Hufnagel wants both quarterbacks to play against Edmonton before deciding upon a playoff starter.

Calgary running back Jon Cornish will have a shot at making CFL history in that game. The native of New Westminster, B.C., leads the league in rushing with 1,388 and only needs 50 yards to become the league's top-rushing Canadian in a single season.

Norm Kwong currently holds the mark of 1,437 yards. If Cornish finishes the season as the CFL's top rusher, he'll be the first Canadian to do so since Ottawa's Orville Lee in 1988. THE CANADIAN PRESS

One-game ban

Argos' Isaac suspended

The third time proved very unlucky for Toronto Argonauts linebacker Brandon Isaac.

The CFL slapped Isaac with a one-game suspension Monday for delivering a helmet-to-helmet hit on Saskatchewan Roughriders quarterback Darian Durant on Saturday night.

Isaac wasn't penalized on the play.

This marks the third time the CFL has disciplined Isaac this season.

He was fined both previous times for an illegal hit on Calgary Stampeders tailback Jon Cornish and a helmet-to-helmet blow against Winnipeg quarterback Buck Pierce.

THE CANADIAN PRESS

Smith leads charge in San Fran's dominant win

On an almost perfect Monday night for Alex Smith, the San Francisco 49ers flexed their NFC West dominance with a 24-3 flattening of the Arizona Cardinals.

Smith completed 18 of 19 passes for 232 yards and three touchdowns — two to Michael Crabtree and one to Randy Moss — to help San Francisco (6-2) open a two-game lead in the division and send Arizona (4-4) to its fourth straight loss.

Smith's only incompletion was dropped by a wide-open receiver.

Smith was 14 of 15 for 146 yards and two touchdowns, both to Crabtree, as the 49ers built a 17-0 halftime lead.

Moss caught a 47-yard TD pass, dodging tacklers down the sideline on a play that seemed to turn back the clock to the receiver's prime. With the catch, he tied Terrell Owens for fourth on the NFL career touchdown list with 156.

Smith, who tied a career high with the three touchdown passes, spread out his completions to 10 receivers.

San Francisco quarterback Alex Smith on Monday night in Glendale, Arizona. GETTY IMAGES

Arizona's defence, supposed to be the team's strength, missed tackle after tackle in an embarrassing nationally televised performance at home. The 24 points were the most allowed by the Cardinals this season.

THE ASSOCIATED PRESS

Messi picks up his boot

Lionel Messi receives his Golden Boot award, in recognition of scoring the most goals in the European domestic leagues last season, in Barcelona on Monday. The 25-year-old FC Barcelona forward scored a Spanish-league-record 50 goals for Barcelona, edging out fellow Spanish-league star Cristiano Ronaldo of Real Madrid by four goals. MANU FERNANDEZ/THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You will make your needs and desires known with ease today. Partners and colleagues will "get it" instantly, not least because you have such a straightforward way of expressing yourself. Try not to be rude though.

♉ Taurus
April 21 - May 21
Others will do your bidding with no questions asked. With the Sun and Pluto on good terms, you have that imperious air that compels people to do what you say. Whether it's good for you, or them, is another matter.

♊ Gemini
May 22 - June 21
Push your suspicions to one side and learn to trust the people you work and do business with. If you hesitate or hedge your bets, you may look back later and mentally kick yourself for being so timid.

♋ Cancer
June 22 - July 23
Good news of one sort or another will come your way over the next 24 hours. Most likely it will have something to do with a long-term creative project or an affair of the heart — or maybe both.

♌ Leo
July 24 - Aug. 23
You won't have to make much of an effort today — the world will come to you. Everything seems to be happening at just the right time and in just the right way. Make the most of this lucky streak.

♍ Virgo
Aug. 24 - Sept. 23
Before you allow yourself to get annoyed with someone, make sure you have heard them right and make sure you understand what they are trying to say. It could be your own understanding that is at fault.

♎ Libra
Sept. 24 - Oct. 23
Today's Sun-Pluto link is good for family and financial matters, and if you act quickly and decisively you will make some kind of breakthrough. Don't sit back and wait for things to happen. Go out and make them happen.

♏ Scorpio
Oct. 24 - Nov. 22
This is a great time for getting things done, and a great time for travelling and socializing too. If you have been daydreaming about making an escape, this could be the day when you do it for real.

♐ Sagittarius
Nov. 23 - Dec. 21
Your fortunes will change for the better over the next few days but there is no point trying to rush things. The Sun in the most sensitive area of your chart indicates you will achieve more by doing less.

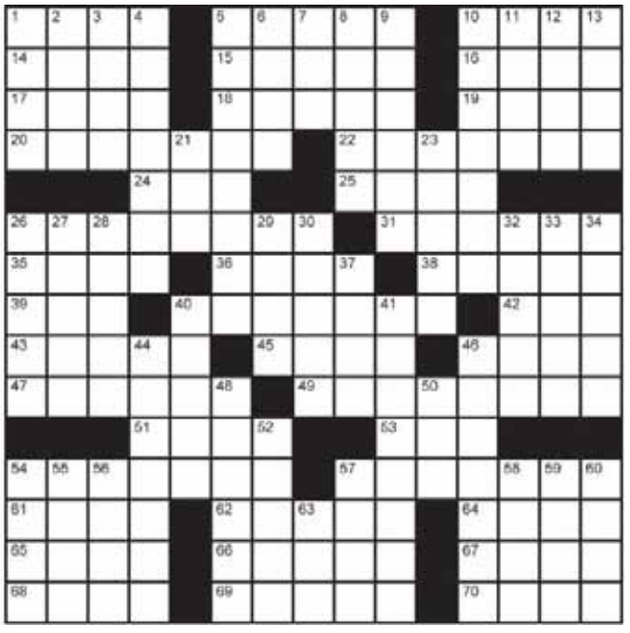
♑ Capricorn
Dec. 22 - Jan. 20
Pluto in your birth sign makes you ultra ambitious but today's link to the Sun means you need to let those you are working alongside make more of an input. They've got some good ideas too you know.

♒ Aquarius
Jan. 21 - Feb. 19
Quality is always more important than quantity, so slow down a bit and focus on the one thing you are really good at. You don't have to do everything to be a success. Identify your niche.

♓ Pisces
Feb. 20 - March 20
The cosmic picture is so favourable at the moment that you have every reason to believe that life will just keep on getting better. Today's Sun-Pluto link urges you to be more dynamic. Take what it is you desire. SALLY BROMPTON

Miscellany

BY MICHAEL WIESENBERG



Across
1. ___ Scotia
5. Slurpees' competitors
10. Carriage horse's pace
14. Figure skater's leap
15. Engine supercharger, for short
16. Arranges crookedly, as a prizefight
17. Albanian neighbour
18. Distribute, as confetti
19. Southern California's best-known university, for short
20. Rabbit ears, e.g.
22. Third-largest municipality in 4-Down (2 wds.)
24. Kanga's child in the Winnie-the-Pooh books
25. Elm or oak
26. Come ___: go to pieces, behaviourally
31. Discolors
35. "And ___ word from our sponsor" (2 wds.)
36. Bird feeder food
38. Bad news for a taxpayer
39. Island: Fr.
40. R.B. ___: 11th Prime Minister (1930-35)
42. Big event for a dot-com: initialism
43. Like a wave, sometimes (when overwhelming)
45. Fly high
46. Lion's bellow
47. Having good placement in a race or tournament
49. Member of a Montréal CFL team
51. ___ Krishna
53. 1960s counterculture hallucinogen
54. Firmly fastened, like the seams on Levis
57. Hubbub
61. Hertz Rent-_-___
62. "It's ___!": phrase of confirmation for an assignation (2 wds.)
64. Canada's largest petrol company
65. Ontario-born *Scream* star Campbell
66. *The ___ of Anne Frank*
67. In addition
68. Alumnus, for short
69. Circus animals that balance balls
70. Legal wrongdoing

Down
1. US space gp.
2. Yoked beasts
3. Green: Fr.
4. "Wild Rose Country" province
5. Defeatist declaration (3 wds.)
6. ___ deal: reach an agreement (2 wds.)
7. Flub
8. TV movie critic Roger
9. Farmers, when they strew seeds
10. 15th PM (1980-84)
11. Asian staple grain
12. Stare at
13. Pre-1917 Russian leader
21. And not
23. Coup _'___: political rebellion
26. Apartments
27. "It's the truth!" (2 wds.)
28. Stockholm native
29. Religious sisters
30. Columbus's birthplace
32. Numskull
33. ___ your heels: bite on like a puppy (2 wds.)
34. Emporium
37. Blue shade
40. Sheep's cry
41. Streetcars
44. Stuck (to)
46. Beef or lamb, but not pork (2 wds.)
48. Expects the worst
50. Can. neighbour
52. Murphy of *48 HRS.*
54. Resounded
55. Baker's frosting tool
56. "___-voom!"
57. Bottom-row PC key
58. Norway's capital
59. Soviet Union: initialism
60. Cheer (for)
63. Small battery

Yesterday's Crossword

What's online

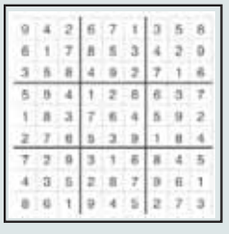
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		9		3		1	6	
7	5		1				3	
		2			6			
		3		9				
1		8				7		4
				2		3		
			6			2		
	6				2		9	3
	7	1		4		5		

Yesterday's Sudoku



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Wednesday 12°/10° Rain 100%
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Robert & Kimberley Blair – Surrey, BC

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6

7

8

9

10

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